

# Group Exercise Class Schedule

## Spring 2022 - Session 2

Starts Monday, March 21st

**Mon.                      Tues.                      Wed.                      Thurs.                      Fri.**

**All classes will take place in the Wellness Center (see locations listed below).**

		<b>Yoga Flow</b> 7-7:45am	<b>Spin Express!</b> 7:15-7:45am	
<b>Yoga</b> 12:05-12:50pm	<b>Spin Express!</b> 12:15-12:45pm	<b>30-Minute Butts &amp; Guts</b> 12:15-12:45pm		<b>Strength &amp; Sculpt</b> 12:05-12:50pm
<b>Spin n' Sculpt</b> 4-4:45pm	<b>Spin Express!</b> 4:45-5:15pm	<b>"Hump Day" Mobility</b> 5-5:30pm	<b>Spin-sanity!</b> 4:30-5:15pm	<b>Aqua Aerobics</b> 12:15-12:45pm
<b>Sunset Vinyasa Flow</b> 5-6pm	<b>Yoga Flow</b> 5:30-6:15pm	<b>Cardio Dance!</b> 5:45-6:30pm	<b>Cardio Kickboxing</b> 5:30-6pm	<b>Friyay Spin!</b> 4:45-5:30pm
 <b>ZUMBA</b> 6:15-7pm	<b>**Gentle Yoga</b> 7-7:30pm <a href="#">(Zoom)</a>	<b>**Midweek Meditation</b> 7:30-8pm <a href="#">(Zoom)</a>	<b>Kettlebell Express</b> 6:15-6:45pm	  <b>SCAN ME</b>
<b>Cardio Sport!</b> 7:15-8pm				

### IMPORTANT CLASS NOTICES

**\*\*These classes will be taught remotely, via Zoom (use QR code for access to links).**

The class schedule is subject to change without notice.

The spring group exercise schedule will end on Friday, May 6<sup>th</sup>.

For a list of class descriptions and to download the schedule, please use the QR code above.

Cycle classes are held in room 202; Aqua Aerobics will take place in the pool; all other classes will be held in room 214.

**ALL FITNESS LEVELS WELCOME ☺**

# Group Exercise Class Descriptions

30-Minute Abs	This class focuses on strengthening the muscles of the core and abdominals through innovative, challenging, & fun exercises. Make sure to come early, as this class fills up fast!
Aqua Aerobics	New to the schedule is our 30-minute, aqua power endurance workout! This low-impact (not to be confused with low-intensity) class will primarily focus on cardio and strength work. Come join us in the pool!
30-Minute Butts & Guts	This "express"-style, 30-minute workout, will take you through a series of strength-based exercises and movements that focus on strengthening your legs, core, and glutes!
Cardio Dance!	Join us for this cardio-based class that will integrate various dance formats as you move to the beat of some of the best musical hits! Dance background or experience NOT required – all are welcome.
Cardio Kickboxing	This class will knock you out! Get ready to punch & kick your way to an awesome cardiovascular workout using boxing, kickboxing & martial arts techniques. All fitness levels welcome.
CARDIO SPORT!	Exercise? Music? Sports? Fun? Yup, this format offers all of those things, and MORE. This workout is bound to get you sweaty as this 45-minute workout bring you conditioning, agility, and strength. If you miss the "team" feel of sports, then this is where you want to be!
Gentle Yoga	A restful, calming class including breathing, gentle flowing movements, passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga. All fitness levels welcome.
"Hump Day" Mobility	Move your body mindfully as you release tension and wake up stiff body parts in this mobility-training based class. Build strength and increase your flexibility with slow movements and focused breathing with the intention of giving you more energy to start the day!
Kettlebell Express	Get your heart pumpin' with this 30-minute class where we use this cast-iron cannonball to take you through a series of cardio and strength based exercises. Beginners welcome!
Midweek Meditation	New to the schedule this semester, enjoy this 30-minute relaxation and meditation practice from the comfort of your own space. This class is designed to settle the mind and soothe the nervous system and is suitable for all levels.
Spin-sanity!	This 45-minute spin workout will get your heart pumping and your body moving as you rock out to the best songs and playlists! Bring a towel as this class is sure to leave you sweaty!
Spin n' Sculpt	30 minutes of cycling & 15 minutes of core training are packed into this fun & challenging class. You can look forward to great music & an energetic instructor.
Spin Express	Looking for a "quick," but intense workout? Join us for this 30-minute, high-intensity spin class that will leave you feeling accomplished, and will set the tone for the rest of your day!
Strength & Flow	New to our schedule is this hybrid class that brings the best of two worlds – stretching and strengthening. This yoga practice will emphasize strength through longer poses and holds. All levels welcome.
Strength & Sculpt	This barbell, strength-resistance class will strength & sculpt your entire body! This choreography-based workout will have you jammin' to your favorite tunes while performing high-repetition, low weight movements. Please arrive early to set up your barbell & bench.
Yoga/Yoga Flow	Connect with your body, mind, and spirit while improving your strength and flexibility. Each instructor has a unique teaching style and approach to yoga. All fitness levels welcome.
 ZUMBA	ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. All fitness levels welcome.