

# GROUP FITNESS SCHEDULE

JANUARY 2–APRIL 30

## MONDAY

5:30 AM	DAVID	Cycle
5:30 AM	AMBER	Boot Camp
7:00 AM	LYNDSEY	Cycle
8:30 AM	DEBBIE M.	Step
8:30 AM	JULIE	Zumba®
8:30 AM	KIMBERLY	Extended Yoga
8:30 AM	STEVE	Short Circuit
9:30 AM	GAE	Cycle
9:30 AM	STEVE	Tabata
9:30 AM	JACKIE	Strictly Strength
9:30 AM	DEBBIE M.	Express Body Blast
9:30 AM	JENNY	Express Aqua Tabata
10:00 AM	JENNY	Aqua Strength
10:30 AM	JOSEPHINE	Silversneakers® Circuit
10:30 AM	CAROLYN	Gentle Yoga
11:00 AM	JACKIE	Aqua Dance
11:30 AM	JOSEPHINE	Silversneakers® Classic
11:30 AM	JENNY	Stretch N' Flex
12:00 PM	LYNDSEY	Express
5:00 PM	TAMMY	Total Body Conditioning
6:00 PM	TAMMY	Bootcamp
6:30 PM	COURTNEY	Cycle
7:00 PM	RACHEL R.	Zumba®
7:00 PM	GRETCHEN	Yoga

## TUESDAY

5:30 AM	COURTNEY	Cycle
5:30 AM	AMBER	Strictly Strength
7:00 AM	LYNDSEY	Total Body Conditioning
8:30 AM	ANDREA	Cycle
8:30 AM	MIMI	Cardio Interval Strength
8:30 AM	KRISTEN	Core de Force
9:00 AM	KAT	Aqua Zumba®
9:00 AM	ERICA	Advanced Yoga Flow
9:30 AM	JOSEPHINE	Zumba®
9:30 AM	GAE	Strictly Strength
10:00 AM	COMING SOON	Aqua Core N' More
10:30 AM	SHERYL	Silversneakers® Boom Muscle
10:30 AM	KAT	Gentle Yoga
10:30 AM	SHANNON	Body by Bosu®
11:30 AM	COMING SOON	Silversneakers® Classic
12:00 PM	SHANNON	Express
2:00 PM	INGRID	Silversneakers® Circuit
5:00 PM	BROOKE	Pound®
5:30 PM	SEAN	Cycle
6:00 PM	TAMMY	Barre Blend
6:00 PM	INGRID	Zumba® Toning
7:00 PM	ERICA	Advanced Yoga Flow

## WEDNESDAY

5:30 AM	BRIAN	Cycle
5:30 AM	MICHELLE	Boot Camp
7:00 AM	LYNDSEY	Cycle
8:30 AM	COURTNEY	Cycle
8:30 AM	NATASHA	PiYo®
8:30 AM	DEBBIE M.	Express
8:30 AM	BROOKE	Pound®
9:30 AM	ALI	Zumba®
9:30 AM	JENNY	Express Aqua Tabata
9:30 AM	MIMI	Power Pilates
9:30 AM	KIMBERLY	Extended Yoga
10:00 AM	JENNY	Aqua Bootcamp
10:30 AM	DEBBIE M.	Cardio Interval Strength
10:30 AM	DEB H.	Active Strength
11:00 AM	CHRIS	Gentle Aqua
11:30 AM	DEB H.	Silversneakers® Classic
12:00 PM	LAUREL	Express Cycle
5:00 PM	JENNY	Total Body Conditioning
5:30 PM	JACKIE	Zumba® Toning
6:00 PM	JENNY	Aqua HIIT
6:00 PM	MICHELLE	Strictly Strength
6:30 PM	DAVID	Cycle
6:30 PM	JESSICA	Pilates
7:00 PM	JULIE	Zumba®
7:00 PM	JERIANN	Tabata

## THURSDAY

5:30 AM	LAUREL	Cycle
5:30 AM	COURTNEY	Tabata
7:00 AM	ERICA	Yoga
8:30 AM	KRISTEN	TurboKick
8:30 AM	MICHELLE	Tabata
9:00 AM	COMING SOON	Aqua Strength
9:30 AM	COURTNEY	Cycle
9:30 AM	KRISTEN	Strictly Strength
9:30 AM	BROOKE	Strong by Zumba®
10:00 AM	COMING SOON	Aqua Cardio
10:30 AM	JOSEPHINE	Silversneakers® Boom Move
10:30 AM	GRETCHEN	Gentle Yoga
10:30 AM	SHANNON	Stretch N' Flex
11:30 AM	COMING SOON	Silversneakers® Circuit
11:30 AM	KAT	Extended Yoga
12:00 PM	SHANNON	Express
2:00 PM	INGRID	Silversneakers® Circuit
5:30 PM	JOHN	Cycle
5:30 PM	JACKIE	Strictly Strength
6:00 PM	TAMMY	Barre Blend
7:00 PM	SHANNON	Advanced Yoga Flow

## FRIDAY

5:30 AM	BRIAN	Cycle
5:30 AM	AMBER	Tabata
7:00 AM	STEVE	Cardio Interval Strength
8:30 AM	DEBBIE M.	Cardio Mix
8:30 AM	GAE	Cycle
8:30 AM	DEB H.	Power Pilates
9:00 AM	ALI	Aqua Zumba®
9:30 AM	JOSEPHINE	Zumba®
9:30 AM	GAE	Core N' More
9:30 AM	DEBBIE M.	Strictly Strength
10:00 AM	CHRIS	Aqua Cardio
10:30 AM	CAROLYN	Gentle Yoga
10:30 AM	JOSEPHINE	Active Strength
10:30 AM	ALI	Zumba® Toning
11:30 AM	SHERYL	Silversneakers® Classic
12:00 PM	KARLA	Express Yoga
5:00 PM	AINSLEY	PiYo®
5:30 PM	INGRID	Zumba® Toning

## SATURDAY

7:15 AM	LAUREL	Cycle
8:00 AM	MICHELLE	Short Circuit
8:30 AM	ANDREA	Cycle
8:30 AM	DEB H.	Step
9:00 AM	RACHEL	Zumba®
9:30 AM	DEB H.	Strictly Strength
10:00 AM	GAE	Cycle
10:00 AM	DEBBIE M./MICHELLE	Cardio Interval Strength
10:30 AM	KIMBERLY	Power Yoga

## SUNDAY

8:00 AM	COURTNEY/LAUREL/KIMBERLY	Pedal N' Power
9:30 AM	KAT/KIMBERLY	Extended Yoga
11:30 AM	RHONDA	Aqua Zumba®
4:30 PM	MICHELLE	Boot Camp

**NO CLASSES:**  
Tuesday, January 1  
Sunday, April 21



**CARDIO**



**AQUATICS**



**MIND/BODY/FLEXIBILITY**



**STRENGTH**

Classes are 50 minutes unless otherwise noted. • Express classes are 30 minutes. • Extended classes are 65–85 minutes.



For group fitness class descriptions, take a photo of this.

**Carmel • Clay**  
Parks & Recreation





## CARDIO

**BOOT CAMP:** This is a full-body workout that uses a variety of equipment including sandbells, medicine balls, jump ropes, and dumbbells.

**CARDIO MIX:** Cardio Mix combines high/low aerobic movements, strength, and balance to give you a total body workout. All levels welcome!

**CORE DE FORCE®:** This high-octane, martial arts-inspired workout is broken into 3-minute rounds—just like a boxing match! For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations.

**CYCLE:** Indoor Cycling is a great cardiovascular workout on a specially-designed stationary bike. The instructor will lead you through various resistance levels and speeds for interval, strength, and hill-climbing formats to ensure a great workout every time!

**CARDIO EXPRESS:** A 30-minute cardio workout with a different workout every week. The class includes cycle sprints, indoor track runs, and general cardio-based exercise movement.

**PEDAL N' POWER:** This powerful weekend workout includes 40 minutes of cycle and 40 minutes of strength, core and stretching.

**POUND®:** Rock out with your friends! This is a fat-burning workout that uses drumsticks as part of the routine. You'll work your strength and core as our POUND® expert leads you through the routine. No experience necessary.

**SILVERSNEAKERS® BOOM MUSCLE:** Mind. Strength. Confidence. Flexibility. Designed to improve strength and endurance in a convenient 30-minute workout.

**SILVERSNEAKERS® CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching, and relaxation exercises. This class is open to all guests.

**SILVERSNEAKERS® MOVE:** A convenient 30-minute dance-based workout to improve cardiovascular endurance.

**STEP:** A high calorie-burning aerobic format using step benches with specifically-designed choreography. Come join this classic aerobic workout!

**TABATA:** High intensity interval training to boost your metabolism and increase your cardiovascular endurance. Strength and cardio movements in timed intervals are designed to improve your fitness level. A variety of equipment is used and modifications can be made for all fitness levels.

**TURBOKICK®:** A fast-paced, music-driven format that includes calorie-busting kickboxing moves!

**ZUMBA®:** No equipment. No experience necessary! High energy and fun while dancing to music from around the world!



## AQUATICS

**AQUA BOOT CAMP:** Enjoy our wonderful Waterpark while burning calories! Aqua Boot Camp is the perfect workout combination of cardio and strength in the water. This is a great way to improve your endurance and strength in a low-impact format.

**AQUA CARDIO:** Cardio in the water without joint stress! Aqua Cardio will increase your heart rate and help you burn calories. The instructor will lead you through a warm up, active cardio movements, and stretching at the end of class.

**AQUA CORE N' MORE:** Strengthen your core, protect your back! This class features a combination of strength moves in the water focusing on core strength and posture.

**AQUA DANCE:** Dance in the water, burn calories while moving to the top songs through the decades.

**AQUA HIIT:** High intensity interval training in the pool. Boost your metabolism and improve cardiovascular endurance.

**AQUA STRENGTH:** Think strength moves in the water using noodles, paddles, and aqua-bells. Enjoy the metabolism boost and get stronger!

**AQUA TABATA EXPRESS:** No time? Try a 30-minute timed interval class that will include both cardio and strength exercises.

**AQUA ZUMBA®:** Splash your way into shape! Aqua Zumba® is a low impact aerobic "pool party!" The instructor blends traditional aquatic fitness moves with Zumba® choreography to give you a cardio-conditioning, body-toning class.

**GENTLE AQUA:** Movements will focus on range of motion, balance, and flexibility in shallow water. Great for new Aqua participants and injury recovery.



## MIND/BODY/FLEXIBILITY

**ADVANCED YOGA FLOW:** Advanced sequencing will challenge you to take your practice to a new level. A 65-85 minute class designed for intermediate to advanced participants.

**BARRE BLEND:** A low-impact class that features ballet barre movements and mat-based Pilates exercises using light weights.

**GENTLE YOGA:** Great for Seniors or new exercisers. The gentle flow is designed to accommodate limited ranges of motion or those new to Yoga.

**PIYO®:** Muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The faster tempo format delivers a true fatburning, low-impact workout that leaves your body long, lean, and incredibly defined.

**PILATES/POWER PILATES:** Traditional moves to strengthen core and improve muscle tone. Power Pilates is designed for those looking for an additional push. You will incorporate standing pilates and strength exercises to intensify basic movements.

**STRETCH N' FLEX:** Lower your injury risk by working on your flexibility and balance. A great follow-up to your cardio or strength class!

**POWER YOGA:** A powered-up Vinyasa class, with an intensified flow, intended to build strength, increase flexibility, and boost your daily energy.

**YOGA:** Connect your mind and body while focusing on balance, strength, and flexibility. Work on your practice and reduce the everyday stress in your body.



## STRENGTH

**ACTIVE STRENGTH:** New to exercise? This class is a safe way to elevate the heart rate, increase range of motion, and experience a great workout while minimizing impact to the joints. Class includes mat work.

**BODY BY BOSU®:** A full-body workout featuring the Bosu®. Improve your strength, balance and re-shape your body with innovative exercise movements.

**CARDIO INTERVAL STRENGTH:** Cardio-based movements, alternating with strength exercises create a super-charged interval format. This class will fatigue your major muscle groups and increase your overall fitness level. All levels welcome.

**CORE N' MORE:** Using Pilates-based exercises, this strength class will tone your mid-section.

**EXPRESS:** A 30-minute cardio workout designed to get you measurable results in less time. Start your day early with a quick, effective workout!

**EXPRESS BODY BLAST:** A short, high-intensity workout which focuses on the lower body muscles. This is your ticket to toning in 30 minutes!

**SILVERSNEAKERS® CLASSIC:** Designed to increase muscular strength, range of motion, and activity for daily living skills. Handheld weights, elastic tubing, and SilverSneakers® balls are used for resistance. A chair is used for seated and/or standing support. This class is open to all MCC guests.

**SHORT CIRCUIT:** This 30-minute circuit format challenges your muscle groups using a variety of equipment in short, high-intensity stations.

**STRICTLY STRENGTH:** An easy-to-follow strength class that challenges various muscle groups using resistance bands, handheld weights, and more.

**STRONG BY ZUMBA®:** This class combines cardio and strength. Stop counting reps and start training to the beat! Optimize your bodyweight training with this strength class that includes movements in sync with music.

**TOTAL BODY CONDITIONING:** This class features continuous cardio and strength moves designed to improve your overall fitness levels. The workout uses a variety of equipment in an easy-to-follow format.

**ZUMBA® TONING:** Enjoy the party atmosphere that Zumba® provides with the additional focus on strength using light weights. This class is a low-impact format designed to improve your muscle strength while moving to music!