


















GROUP FITNESS SCHEDULE

JULY 5--JULY 17









MONDAY

- 5:30 AM Tabata AMBER 
- 7:30 AM Tabata BRITTANY 
- 8:30 AM Cycle LYNDSEY 
- 9:30 AM Strictly Strength JACKIE 
ALSO ON ZOOM (Weights Needed)
- 11:30 AM Stretch N' Flex JENNY 
- 12:30 AM Meditation – Facebook Live BRITTANY/MICHELLE 
- 4:30 PM Total Body Conditioning JENNY 
- 6:00 PM Yoga GRETCHEN 
- 7:30 PM Zumba JULIE 









TUESDAY

- 5:30 AM Strictly Strength JOY 
- 7:30 AM Cycle JOY 
- 8:30 AM Express Strength BRITTANY 
- 9:30 AM HIGH Fitness NATALIE 
ALSO ON FACEBOOK LIVE (Weights Needed)
- 10:30 AM Silversneakers® – Zoom BRITTANY 
- 11:30 AM Cardio Interval Strength MICHELLE 
- 4:30 PM HIGH Fitness TIFFANY 
- 6:00 PM Barre Blend TAMMY 






WEDNESDAY

- 5:30 AM Cycle COURTNEY 
- 7:30 AM Total Body Conditioning LYNDSEY 
- 8:30 AM Workout Wednesday – Zoom BRITTANY 
- 9:30 AM Strictly Strength MICHELLE 
ALSO ON ZOOM (Weights Needed)
- 10:30 AM Cycle BRITTANY 
- 4:30 PM Strictly Strength TAMMY 
- 6:00 PM Lift It & HIIT MICHELLE 
- 7:30 PM Zumba JULIE 






THURSDAY

- 5:30 AM Tabata COURTNEY 
- 7:30 AM Yoga JOY 
- 8:30 AM Express Strength BRITTANY 
- 9:30 AM HIGH Fitness TIFFANY 
ALSO ON ZOOM (Weights Needed)
- 10:30 AM Silversneakers® – Zoom BRITTANY 
- 11:30 AM Cycle JOY 
- 4:30 PM HIGH Fitness NATALIE 
- 6:00 PM Bootcamp TAMMY 






FRIDAY

- 5:30 AM Strictly Strength AMBER 
- 7:30 AM Tabata BRITTANY 
- 8:30 AM Cycle LYNDSEY 
- 9:30 AM Strictly Strength MICHELLE 
ALSO ON ZOOM (Weights Needed)
- 5:00 PM HIIT Happy Hour MICHELLE 

SATURDAY

- 7:30 AM Strictly Strength DEBBIE H. 
- 8:30 AM Cycle LYNDSEY 
- 9:30 AM Zumba JULIE 
- 11:30 AM Yoga KIMBERLY 
- 4:30 PM Yoga SVITLANA 

SUNDAY

- 8:00 AM Gentle Yoga KAT 
- 9:30 AM Yoga KAT 
- 11:30 AM Cardio Interval Strength LYNDSEY 
- 4:30 PM Bootcamp MICHELLE 
- 6:00 PM Yoga SVITLANA 

DUE TO THE CURRENT PANDEMIC AND STAGE ROLLOUTS BY THE GOVERNOR, WE'RE HAVING TO UPDATE THIS SCHEDULE REGULARLY. FOR THE MOST UP-TO-DATE SCHEDULE AND TO RESERVE YOUR SPOT, VISIT [HTTPS://BOOKEO.COM/MONON_COMMUNITY_CENTER_2](https://BOOKEO.COM/MONON_COMMUNITY_CENTER_2).

FOR THE SAFETY OF OUR GUESTS AND TO ADHERE TO PHYSICAL DISTANCING PROTOCOLS, OUR GROUP FITNESS CLASSES ARE AVAILABLE TO MEMBERS BY RESERVATION ONLY AT THE ABOVE LINK.



VIRTUAL CLASSES:

ZOOM CLASSES:

Link: zoom.us/j/8614852054 Meeting ID: 861 486 2054

FACEBOOK LIVE:

Link: facebook.com/carmelclayparks



CARDIO



MIND/BODY/FLEXIBILITY



STRENGTH

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

**Carmel • Clay
Parks & Recreation**



CARDIO

CARDIO MIX: Burn major calories from head to toe in this high aerobic workout. By incorporating high and low impact movements, strength and balance you will get a total body workout! This 50-minute class is open to all levels, offers a variety of modifications, and may use steps, mats or dumbbells.

CORE DE FORCE: Bring out your inner fighter in this martial arts inspired workout. This 50-minute class is broken into 3-minute rounds and will incorporate boxing, kickboxing and Muay Thai combinations. This class is open to all levels and does not require any equipment.

CYCLE: Pedal your way into shape in this low impact cardio class! This 50-minute indoor cycling class incorporates speed, strength and hill work. This class is open to all levels and you can keep track of calorie burn with your bike monitor.

DANCE CARDIO: Shake, move, groove and get ready to burn major calories while also toning lean muscles! This dance cardio class is high energy and incorporates music from today's Top Hits. This 50-minute class is open to all levels and requires no equipment.

HIGH FITNESS: Transform old school aerobics into a highly addictive new fitness experience. This high energy class incorporates non-stop cardio to burn hundreds of calories a session as you move to today's hit songs. This 50-minute class is open to all levels and uses body weight movements only.

HIIT HAPPY HOUR: Come start your weekend off right by pushing your limits. This class is a full-body workout that incorporates rigorous training sequences with high-intensity exercises to improve cardio and muscular endurance. This 50 minute class is open to all levels and uses high and low impact movements with weight training.

HUSTLE, MUSCLE AND CORE: Build strength, cardiovascular endurance, lean muscle growth and excess fat loss. This class encompasses use of the track, weights and body weight exercises to gain muscle mass while achieving cardiovascular endurance targeting all the major muscle groups. This 50-minute class is open to all levels.

PEDAL N' POWER: Working out on the weekend is fun in this extended cardio and strength class! This 90-minute class incorporates 40 minutes of cycling, 40 minutes of strength and a core and stretching cool down. This all levels class starts in the cycling room then moves to a studio for strength training with weights.

POUND®: Rock out! This fat burning workout uses drumsticks as part of the routines to improve strength in a beat-based way. This 50-minute class is open to all levels, and uses your body weight, a mat and drumsticks.

STEP: Blast calories in this classic aerobic workout. This class uses a step bench with specially designed choreography. This 50-minute class is open to all levels and offers modifications for low impact options.

TABATA: High intensity interval training boosts your metabolism and increases your cardiovascular endurance. This class incorporates strength and cardio moves in 20 second bursts followed by 10 seconds of rest for 8 rounds to improve your overall fitness level. This class is a 50-minute high impact class with modifications offered.

TURBOKICK®: This is a calorie kicking workout. This class is a fast paced, kickboxing inspired and music driven workout. This 50-minute class is open to all levels and does not require any equipment.

ZUMBA®: Shake, move and groove! This high-energy dance cardio class incorporates music from around the world. This 50-minute class is open to all levels and requires no equipment.

ZUMBA® GOLD: Shake, move and groove! This beginner level dance cardio class is great for those needing a gentle cardio workout. This 50-minute class is open to all levels and requires no equipment.



MIND/BODY/FLEXIBILITY

ADVANCED YOGA FLOW: Take your yoga practice to the next level! This yoga flow incorporates more intricate yoga flows and advanced yoga postures. This 90-minute class is designed for intermediate to advanced participants.

BARRE BLEND: Lengthen, strengthen and tone your core and body. This is a low impact class features ballet barre movements, mat based Pilates exercises and strength exercises completed doing many reps with light weights. This 50-minute class is open to all levels and uses a barre, light handheld weights, a mat, Pilates ball and resistance band.

CHAIR YOGA: Reduce everyday stress, improve strength, motor skills and help with chronic pain! This class is a great way to enjoy better balance and flexibility through yoga but without having to move from the floor to standing. This 50 minute class is open to all levels and a chair plus all other equipment needed is provided.

GENTLE YOGA: Calm your body and mind. This yoga flow is designed to improve flexibility at a slow pace and incorporate breathe to each stretch. This 50-minute class is great for seniors or new exercisers.

PIYO®: Muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. This class moves to a faster tempo and delivers a true fat burning, low impact workout that leaves your body long, lean and incredibly defined. This 50-minute class is open to all levels and is great for anyone looking for a fast-paced flexibility class.

POWER PILATES: Power up your body with strength and balance. This class incorporates standing and traditional Pilates moves to strengthen your core and stabilize muscles. This 50-minute class is open to all levels and uses traditional Pilates equipment.

POWER YOGA: Work your mind and body to the max! This powered-up Vinyasa class is an intensified flow intended to build strength, increase flexibility and boost your energy. This 75-minute class is designed for those with prior yoga experience.

STRETCH N' FLEX: Reduce your risk of injury by working on flexibility and balance. This class is a great complement to your cardio and strength classes to improve flexibility. This 50-minute class is open to all levels and uses a mat and stretch strap.

YOGA: Reduce everyday stress! Connect your mind and body while focusing on balance, strength, flexibility and meditation. This 50-minute class is open to all levels and does not require experience. Mats are provided if you do not have your own.

VINYIN YOGA: Balance Vinyasa Flow with Yin Yoga. This class is designed to incorporate both elements of a standard Vinyasa Yoga class with movement and strength, and end with restorative postures to recover the body and mind with breath. This 50 minute class is all levels and a great way to relax and restore on a Sunday night.



AQUATICS

AQUA BOOTCAMP: Enjoy The Waterpark while burning calories. This class is the perfect combination of cardio and strength in the water to improve endurance and strength in a low impact format. This 50-minute class is open to all levels and may incorporate aqua dumbbells or other water equipment to add resistance.

AQUA CARDIO: Cardio in the water without joint stress! This class will increase your heart rate and help you burn calories. This 50-minute class is open to all levels and will consist of a warm-up, active cardio movements and stretching.

AQUA HIIT: Boost your metabolism and improve cardiovascular strength in the pool during this high intensity interval training class. The combination of cardio and strength moves will rev up your metabolism by burning calories and building strength. This 50-minute class may incorporate a variety of aqua resistance fitness equipment.

AQUA STRENGTH: Enjoy a metabolism boost and get stronger in the water! Improve your muscle tone and strength in the pool. This 50-minute class is open to all levels and will use noodles, paddles and aqua-bells.

AQUA TABATA EXPRESS: Love the water, but have limited time? This class combines cardio and strength in a quick, effective 30-minute format. This class is open to all levels and may incorporate resistance equipment.

AQUA ZUMBA®: Splash your way into shape! This low impact aerobic pool party will tone your body using fitness moves and Zumba® choreography. This 50-minute class is open to all levels and does not incorporate equipment.

DEEP WATER: Enjoy The Waterpark while burning calories. This class is the perfect combination of cardio and strength in the water to improve endurance and strength in a low-impact format. This 50-minute class is open to all levels and may incorporate aqua dumbbells or other water equipment to add resistance.

GENTLE AQUA: Calm your body and mind in the water. This gentle format is designed to improve flexibility at a slow pace. This 50-minute class is great for seniors or new exercisers.

NEURO-SPLASH: Ready to make a splash? This 50-minute class is designed for anyone with or without a neurological or physical disability who is wanting to work on their endurance, strength, range of motion, balance and flexibility. Neuro-Splash is open to all levels and needs and is led by a Certified Recreational Therapist.

WATER WALKING: Enjoy The Waterpark while burning calories. This 50-minute class incorporates walking against the resistance of the current in the lazy river and is open to all levels.



STRENGTH

ACTIVE STRENGTH: New to Exercise? This class is a safe way to elevate your heart rate, increase your range of motion and experience a great workout while minimizing impact to the joints. This 50-minute class is great for new exercisers or seniors who need a low impact, slower paced strength class.

BODY BY BOSU®: Bounce into fitness by strengthening your balance and stability. This full-body workout improves your strength and balance with the use of a BOSU® ball. This 50-minute class is open to all levels.

BOOTCAMP: Feel athletic in this sport-inspired workout. This fun, motivational full-body workout will push your body to the limits. This 50-minute class is for experienced exercisers and incorporates a variety of equipment including sand bells, medicine balls, jump ropes and dumbbells.

CIRCUIT TRAINING: Trainer-lead circuits lead to positive individual fitness level results. This class challenges your muscle groups using a variety of equipment in short, high-intensity stations. This 30-minute class is open to all levels and offers a variety of weight options at each station for an individualized challenge.

CARDIO INTERVAL STRENGTH: Cardio-based movements, alternating with strength exercises create a super-charged interval format. A combo of cardio and strength exercise will fatigue major muscle groups to increase your overall fitness. This 50-minute class is open to all levels and uses a variety of resistance-based equipment including stability balls, weights, steps and bands.

EXPRESS STRENGTH: Get a quick fix in during your day. This athletic class will get your heart pumping and body pushed to its max in just 30 minutes. This class is open to experienced exercisers and uses kettlebells, weights and the track.

LIFT IT & HIIT IT: Come join us for the ultimate way to end "Workout Wednesday". This class is a full-body workout that incorporates heavy strength training intervals with cardio and endurance intervals for an ultimate strength gaining, body leaning and metabolism boosting workout. This 50 minute class is open to all levels and uses high and low impact movements with weight training.

REPS & SETS: Achieve your strength goals. This is an easy-to-follow strength class that challenges various muscle groups using resistance bands, handheld weights and more. This 50 minute class is open to all levels and uses medium weights and body bars.

SHORT-CIRCUIT: One-on-one trainer lead circuits lead to individual results! This class challenges your muscle groups using a variety of equipment in short, high intensity stations. This 30-minute class is open to all levels and offers a variety of weight options at each station for an individualized challenge.

SILVERSNEAKERS® CIRCUIT: Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. This 50-minute class is open to all levels and encouraged for seniors. It incorporates a chair for support, balance and stretching.

SILVERSNEAKERS® CLASSIC: Have fun with fitness at any age! This class is designed to increase muscular strength, range of motion and activity for daily living skills. This 50-minute class is open to all levels and encouraged for seniors. It incorporates light handheld weights, elastic tubing, a chair and small fitness balls.

STRICTLY STRENGTH: Achieve your strength goal. This easy to follow strength class challenges various muscle groups using resistance bands, handheld weights and more. This 50-minute class is open to all levels and uses medium weights and body bars.

TOTAL BODY CONDITIONING: Make life easier with total body activation and strength. This class features continuous cardio and strength moves designed to improve your overall fitness level. This 50-minute class is open to all levels and uses a wide range of fitness equipment.

ZUMBA® TONING: Party your muscles into shape! Use shake weights to fun Zumba® music to tone muscles to the beat in a low impact format. This 50-minute class is open to all levels and uses light Zumba® shake weights which are provided.