

CMRC 2014-2015 Group Exercise Schedule September 3, 2014 - May 29, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (FREE) 5:30-6:30am		Workout of the Day (FREE) 5:30-6:30am		Workout of the Day (FREE) 5:30-6:30am	Zumba 8:30-9:30am Tina 35
(\$ Designates classes that are offered for an additional fee.					
Cardio Interval 9:00-10:00am Kelly 20	H.I.I.T. 9:00-10:00am Kim 24	Lift 9:00-9:45am Kelly 20	Plyo Power 9:00-10:00am Kim 18	Cardio Interval 9:00-10:00am Kelly 20	Bokwa 10:00-11:00am Thomas 35
Core Resistance 10:15-10:45am Kelly 25	Pilates 10:15-10:45am Kim 35	Zumba Toning 10:00-11:00am Amy 35	Flex & Stretch 10:15-10:45am Kim 35	Zumba 11:00am-12:00pm Tina 35	
Zumba Toning 11am-12:00pm Amy 35			Zumba 11:00am-12:00pm Selve 35		
Please see CMRC front desk staff for Group and Aqua Exercise Rules and Guidelines.					
Bokwa 5:15-6:15pm Thomas 35	Athletic Training 5:00-5:45pm Henry 25	20/20/20 5:15-6:15pm Henry 25	Circuit Training 5:15-6:15pm Henry 20	Belly Dance 6:00-7:00pm Selve 35	
	Zumba Step 6:00-7:00pm Tina 35	Zumba 6:30-7:30pm Selve 35			

CMRC values fitness and wellness and provides a variety of group exercise classes for our members! For the safety and enjoyment of our classes, all participants must follow the group exercise policies and procedures. Class participation is limited based on space & equipment. Our classes are designed to serve ages 16+ and all ability levels; modifications will be taught in each class.

20/20/20: Three 20 minute intervals of a variety of different types of training. From upper & lower body strength training, core, and speed.

ATHLETIC TRAINING: this class focuses on skills necessary for improving performance in sports: agility, power, speed, reaction time, balance and coordination, all the while working at a high intensity. You don't need to be an athlete.

BELLYDANCE FITNESS: This non-stop multi-level class is great for those looking for a fun and empowering Belly Dance experience.

BOKWA: participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music!

CARDIO INTERVAL: Accelerate your fitness improvements and experience how time can fly during a cardio workout when you are having fun!

CIRCUIT TRAINING: A variety of high intensity exercises all culminated into one workout going from one station to the next. Combinations of strength, core and

cardio!

CORE RESISTANCE: this class will utilize resistance tubing/bands to work all major muscles along with Core strength exercises

FLEX & STRETCH: A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

H.I.I.T. High Intensity Interval Training -Total body conditioning targeting muscular endurance and cardiovascular fitness

LIFT - This class focuses on strength and endurance through lifting weights. Lift your way to a stronger, leaner body!

PILATES - Targets the core muscles while improving flexibility and stabilization.

PLYO POWER - high intensity and high impact moves designed to increase speed, power, and cardio endurance and achieve maximum calorie burn

WORKOUT OF THE DAY (TEMPORARY) - A workout provided by CMRC fitness team, a self paced workout with a variety of different types of high intensity routines

ZUMBA: A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

ZUMBA STEP: is an all-round cardio workout that tones and strengthens the legs and glutes. All of the ZUMBA fitness-party fun you love.

ZUMBA TONING: Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like