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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
$ Boot Camp Training $ 5:30-6:30am Judy		$ Boot Camp Training $ 5:30-6:30am Judy		$ Boot Camp Training $ 5:30-6:30am Judy	Zumba 8:30-9:30am Tina 35
($) Designates classes that are offered for an additional fee.					
Cardio Interval 9:00-10:00am Kelly 20	$Spynergy X$ 9:00a-10:00p Kim 20	Lift 9:00-9:45am Kelly 20	H.I.I.T. 9:00-9:45am Kim 24	Cardio Interval 9:00-10:00am Kelly	Bokwa 9:45-10:45am Thomas 35
Core Resistance 10:15-10:45am Judy	Pilates 10:15-10:45am Kim 35	Zumba Toning 10:00-11:00am Amy	Flex & Stretch 10:00-10:45am Kim 35	Zumba 10:15-11:15am Tina	
Zumba Toning 11am-12:00pm Amy 35		$ Spynergy $ 11:30a-12:30p Kim 10	Zumba 11:00a-12:00p Selve 35	$ Spynergy $ 11:30a-12:30p Kim 10	
Please see CMRC front desk team for Group and Aqua Exercise Rules and Guidelines.					
Bokwa 5:15-6:15pm Thomas 35	Circuit Training 5:00-5:45pm Henry 25	20/20/20 5:15-6:15pm Anna 25	$Spynergy X$ 5:15-6:15pm Henry 20	Piloxing 5:00-6:00pm Selve 35	
	Zumba Step 6:00-7:00pm Tina 35	Zumba 6:30-7:30pm Selve 35			

CMRC values providing 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. 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.

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!

BOOTCAMP: A specialty class offered for an additional fee. A total body workout that includes: cardio weights, plyometrics, muscle strengthening, & core conditioning. Try the class for $7 or sign up for monthly session.

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.

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.

PILOXING: Piloxing is a non-stop, cardio fusion of standing pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.

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

SPYNERGY: A specialty class offered for an additional fee. This fantastic cycling workout will get your heart rate going and your legs burning. It's low impact, high intensity, and guaranteed to make you sweat!

SPYNERGY EXTREME: A specialty class offered for an additional fee. The extreme part of this workout incorporates cycling, weight training and core work. With a variety of different circuits this is one program you will not want to miss. This extreme full body workout will without question, push you to the max!

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