Fall 2018 Group Fitness Schedule

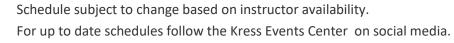
Sept 5—Dec 14

All classes FREE

No registration required



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am Sunrise Yoga <i>Megan</i>	• • • • • • • • • • • • • • • • • • •	7:00-7:45am Sunrise Yoga <i>Brandon</i>		7:00-7:45am Sunrise Yoga <i>Erin</i>
7:45-8:45am Aqua Aerobics <i>Megan</i> *KEC Pool		7:45-8:45am Aqua Aerobics <i>Natalie N</i> *KEC Pool		7:45-8:45am Aqua Aerobics <i>Abby</i> *KEC Pool
		7:50-8:30 Drum Aerobics Darrell		
	•			
11:45-12:15 Dance Fitness Abby	12:15:-12:45 Yoga <i>Alex</i>	11:45-12:15 Dance Fitness Abby	12:15:-12:45 Yoga <i>Alex</i>	12:15-12:45 Yoga Brandon
4:30-5:15 Interval Training Noah	4:15-4:45 Hip Hop Cardio <i>Natalie G</i>	4:30-5:15 Interval Training Noah	4:15-4:45 Hip Hop Cardio <i>Natalie G</i>	
5:30-6:00 Body Sculpt <i>Carlie</i>	5:00-5:45 Body Sculpt Sam	5:30-6:00 Body Sculpt <i>Carlie</i>	5:00-5:45 Body Sculpt Sam	
6:15-7:00 Barre Sculpt Michelle	6:00-6:30 Interval Training Sthephany	6:15-7:00 Barre Sculpt <i>Michelle</i>	6:00-6:30 Interval Training Sthephany	
7:15-8:00 Yoga <i>Brandon</i>	6:45-7:30 Boot Camp <i>Tyler</i>	7:15-8:00 Yoga <i>Megan</i>	6:45-7:30 Boot Camp <i>Tyler</i>	
	8:00-8:30 Yoga for Relaxation Emalie		8:00-8:30 Yoga for Relaxation Emalie	





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Class Descriptions

Sunrise Yoga

This yoga practice will incorporate relaxation while helping you to build strength and flexibility. Learn proper breathing techniques while you practice many yoga poses for full-body strength, balance, and flexibility. Suitable for all fitness levels.

Aqua Aerobics

It's time to heat up the pool! This 60-minute workout uses the natural resistance and buoyancy of water to provide an effective, low-impact routine.

*Classes takes place in the KEC pool

Dance Fitness

This 30-minute class is a fun and easy aerobic, dance-based workout that follows along to popular music. You'll work your abs, legs, arms, and get your heart pumping. Join the party!

Interval Training

An ultra-effective form of training, interval training has been proven to torch more calories in less time through alternating intervals of high and low intensity. This means you can get serious results, even when you're crunched for time. Instructors provide plenty of modifications so that all fitness levels are welcome!

Body Sculpt

This 30-minute, full-body workout that is suitable for all fitness levels and incorporates moderate-high intensity cardio/strength training. The instructor gives options for participants in order to help everyone feel successful!

Barre Sculpt

Get ballerina toned muscles in this muscle burning, body strengthening class including ballet-inspired movement and drills! No prior ballet experience or supplies necessary. Tone your legs, booty, arms, back, and abs! Class includes a focus on flexibility in a relaxed stretching portion.

Yoga

Challenge and connect your mind and body with yoga poses, conscious breathing and relaxation techniques.

Remember - yoga is an individual practice, where all judgment, competition and expectations are let go, and the focus is internal on your own experience that day.

Hip Hop Cardio

If you like Zumba, you'll love this Hip Hop workout done in the same popular follow-along format. The group participation routines combine Hip Hop grooves and fresh Top 40 Music.

KRESS EVENTS CENTER

Boot Camp

This athletic-based workout focuses on three major components of any workout: core exercises, cardiovascular work, and strength training. Using a variety of equipment, this class is designed to work every major muscle group in the body and deliver real results, real fast.

Yoga for Relaxation

In search of a way to de-stress and calm your whole being while lengthening your entire musculature? Then this is the class for you. After a half hour of this yoga practice, you will leave feeling lighter than you did when you walked into the studio. Enjoy!

Drum Aerobics

This format combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. Lightweight hoops provided.

