

Winter Break Group Fitness Schedule

Jan 2—Jan 25

All classes FREE
No registration required



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7:00-7:45am Yoga <i>Alex</i>		7:00-7:45am Yoga <i>Alex</i>		7:00-7:45am Yoga <i>Erin</i>
7:45-8:45am Aqua Aerobics <i>Abby</i>		7:45-8:45am Aqua Aerobics <i>Abby</i>		7:45-8:45am Aqua Aerobics <i>Abby</i>
		7:50-8:30 Drum Aerobics <i>Darrell</i>		
12:15-12:45 Dance Fitness <i>Abby</i>	12:15-12:45 Yoga <i>Alex</i>	12:15-12:45 Dance Fitness <i>Abby</i>	12:15-12:45 Yoga <i>Alex</i>	12:15-12:45 Yoga <i>Alex</i>
	4:30-5:00 Cardio Fun <i>Craig</i>		4:30-5:00 Cardio Fun <i>Craig</i>	

Schedule subject to change based on instructor availability.

For up to date schedules follow the Kress Events Center on social media.



Summer 2018 Group Fitness Schedule

Class Descriptions



Cardio Fun

Lets get that heart pumping and blood flowing! This 30-minute class puts a "fun" spin on cardio. Participants are able to control the intensity of the workout, while going at their own pace. Suitable for all fitness levels as alterations will be provided. Getting a nice sweat while having fun is a beautiful thing!

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.

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!

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.