



GROUP X CLASS SCHEDULE: SEPTEMBER 8 - NOVEMBER 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6:00-7:00 a.m. BODYPUMP Carmela						
9:30-10:30 a.m. KETTLEBELL CARDIO/STRENGTH Antonette	8:15-9:15 a.m. YOGA Janet	9:30-10:30 a.m. BODYPUMP Robin		9:30-10:30 a.m. CARDIO/STRENGTH INTERVAL TRAINING Antonette	8:00-9:00 a.m. BODYPUMP Agnes	8:15-9:15 a.m. YOGA Janet	
	9:30-10:30 a.m. INSANITY Antonette						9:15-10:15 a.m. CARDIO/STRENGTH INTERVAL TRAINING Beth
		12:00-1:00 p.m. Strength & Bone Density Denise					
5:30-6:30 p.m. Cardio Kick & Strength Training Jessica	5:00-6:00 p.m. BARRE ABOVE™ Jessica	5:30-6:30 p.m. BODYPUMP Agnes	5:00-6:00 p.m. YOGA Denise		<p>Schedule is subject to change without notice. For your safety: Please wear appropriate athletic shoes and refrain from chewing gum in class. Every class will consist of a warm-up, indicated class content and cool-down.</p> <p>If you enter class after the warm-up or leave before the cool-down, the instructor will assume you have properly prepared.</p> <p>Please allow participants from the previous class to exit before entering the studio or sitting area inside the studio.</p>		
6:45-7:45 p.m. ZUMBA Karen	6:45-7:45 p.m. YOGA Denise	6:45-7:45 p.m. ZUMBA Robin	6:30-7:30 p.m. BODYPUMP Agnes				

GROUP FITNESS CLASS DESCRIPTIONS

BARRE ABOVE™ This class blends the latest exercise science with the principles of the Lotte Berk method (the genesis of The Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training to the workouts. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. Barre Above classes may be taught using a barre or center-floor - completely off the barre.

BODYCOMBAT™ This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you will strike, punch, kick, and kata your way through calories to superior cardio fitness.

BODYPUMP™ The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

CARDIO KICK & STRENGTH TRAINING

A combination cardio kickboxing and strength training class with punching, kicking, and rhythmic movements set to heart pounding music! This workout is designed to melt away pounds and inches while targeting every muscle group. Burn more calories than ever while increasing endurance and muscle tone, improving coordination and flexibility and getting in the best shape of your life.

CHAIR YOGA Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for seniors (55 and older) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported.

CIRCUIT TRAINING A non-stop circuit utilizing a variety of equipment including TRX, kettlebells, gliding discs, dumbbells, resistance tubing and more.

CXWORX™ During the 30-minute workout trained instructors guide you through correct techniques as you work your core with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

INSANITY is the cardio-based, athletic-style workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast! Each high-energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong.

KETTLEBELL CARDIO/STRENGTH Our unique approach of combining kettlebell and bodyweight movements makes this class challenging, yet flexible enough for individuals of most fitness levels. Programs focus on joint mobility and stability, muscular strength, cardiovascular endurance, muscular flexibility, total-body range of motion, and injury prevention.

PILATES The Pilates method of body conditioning promotes physical harmony while providing a refreshing and energizing workout. The program focuses on the core postural muscles such as the abdomen, lower back, and hips, which help keep the body balanced and are essential to providing support for the spine.

STEP & STRENGTH Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

STRENGTH & BONE DENSITY There is scientific evidence that shows the benefits of weight-bearing exercise on bone density. We reach peak bone density in our twenties and begin to lose it in our thirties. This class takes you through a wide variety of light weight bearing exercises to help you maintain and improve bone density. Great for beginner through experienced exercisers. Learn a variety of exercises to improve balance, strength and functional fitness.

TRX CIRCUIT TRAINING This class combines the best of interval and circuit training to take TRX to the next level! Class includes the use of the TRX and other equipment to get a full body challenge as well as a great cardio workout. Intervals at each station will challenge the core and increase upper and lower body strength. Kettlebells, bands, and other equipment add additional challenge.

YOGA BASICS Learn and refine fundamental yoga poses. This class will include both seated and standing poses, allowing time to focus on alignment as well as relaxation postures. Build strength, flexibility, and balance. Relax, breathe, relieve stress. Suitable for all levels. *Great for beginners

YOGALATES is an ever-increasing popular exercise due to its positive effects on the body and mind. Yogalates allows you to practice and improve while working within your own limits; you can push and stretch your body while opening up your mind. Class is suitable for all fitness levels.

ZUMBA® This class incorporates Latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.



WOODRIDGE PARK DISTRICT
Athletic Recreation Center