



## Group Fitness Schedule

**Studio Strength** ···Improve muscle tone and strength and increase your rate of calorie burn. Inspired by the latest training trends this class may use any combination of weights, balls, bands or tubes for the ultimate strength training experience. Working multiple muscle groups simultaneously, it's an intense total body workout designed to define every muscle in every way in a group studio setting.

**Total Body Training** ···The ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of equipment, including TRX, BOSU, dumbbells, resistance bands, medicine balls, or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you, #TBT.

**Tread & Shred** ···This is not your run-of-the-mill treadmill class. Take your workout to the next level with this total body, high intensity combo of treadmill intervals and strength training. Walk, run, climb, strengthen and leave fitter, faster and feeling great. You need not be a runner to participate. • **Reserve your spot up to 60 minutes before class.**

**Vinyasa Flow Yoga** ···This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Experience meditation through movement. Prior experience suggested but not required.

**WERQ™** ···WERQ is the fiercely fun dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ warm-up previews the dance steps used in class and the signature WERQ cool-down includes balance and yoga inspired poses. This non-stop cardio class is designed to challenge students physically with achievable dance movements for all skill levels. Are you ready to WERQ?

**Yin Yoga** ···Yin Yoga focuses on the connective tissue (yin) rather than muscle (yang). Poses are held for long periods of time. Blocks and straps are used to accomplish the proper stretching of connective tissue and increase flexibility of the joints.

**Yoga (Multi-Level)** ···This class allows for a variety of experience levels from beginner to advanced. The instructor challenges the skill level of each participant. Students are encouraged to work at their own pace and build their yoga practice slowly over time. No prior experience required.

**Yoga Sculpt** ···Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness and core work. This yoga class uses weights to strengthen the practice, while helping tone and shape the body. Burn calories, build stamina, increase strength and flexibility and increase lean muscle mass.

**Zumba®** ···Are you ready to party yourself into shape? That's exactly what the Zumba class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.



# Group Fitness Schedule

Effective September 1, 2020

## Class Descriptions

**Ballet Burn** ··· Raise the bar on your workout. Ballet Burn is a results driven fitness class utilizing hand weights and ballet based movement to create lean lines and improve flexibility and posture. No experience, or barre needed.

**Barre** ··· Designed to effectively strengthen, tone and balance the entire body, these are fat burning workouts that integrate the use of the ballet barre and various props. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. These are challenging, no impact classes that produce maximum results. • **Reserve your spot up to 60 minutes before class.**

**Barre BURN** ··· High-intensity, endurance driven, low impact exercises designed to strengthen, tone and balance the entire body. Through resistance and repetition, these are fat burning workouts that integrate the use of the ballet barre and various equipment. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms and lower body. • **Reserve your spot up to 60 minutes before class.**

**BODYPUMP™** ··· BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions - this is the secret to developing lean, athletic muscle. • **Reserve your spot up to 60 minutes before class.**

**Boxing Challenge** ··· Learn proper and authentic boxing techniques, punches and footwork. Use authentic equipment: hand wraps, boxing gloves, focus pads and sometimes heavy bags. Sharpen your movements and gain self confidence. No boxing experience necessary. Advanced boxing drills can be provided for more experienced participants.

**CXWORX™** ··· Six tracks to a six pack. Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**GRIT™ Cardio** ··· LES MILLS GRIT Cardio is a high-impact, high intensity, high energy cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines body weight exercises and uses no equipment.

**GRIT™ Strength** ··· Using barbell, weight plate and body weight exercises, LES MILLS GRIT Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

**Hard Core** ··· This class is centered around muscles in the back, abs and glutes. Engage in the newest and safest techniques to improve core strength and general functionality. All levels welcome.

**HIIT** ··· High Intensity Interval Training (HIIT) is cardio training where short, very high intensity intervals are combined with longer, slower intervals to recover. Increase metabolism, muscle mass and performance and burn fat using a variety of equipment or just your own body weight.

**Live DJ Spin** ··· A DJ mixes music seamlessly with the instructor's cues and the Studio Cycle format to create a truly interactive experience. A unique and exciting ride that's always different. • **Reserve your spot up to 60 minutes before class.**

**Pilates Mat** ··· Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension. Whether you are a beginner or have participated in many Pilates Mat classes, this class is structured for you. Instructors are prepared to challenge the skill level of each person and will give direction and modifications to ensure that you can work with what feels best.

**SPRINT™** ··· LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout. • **Reserve your spot up to 60 minutes before class.**

**Studio Cycle** ··· An exhilarating indoor cycling class, highly effective in cardio and strength training. On a stationary bike, riding to awesome music and motivated by an inspiring instructor, one can burn up to 600 calories in a 50-minute class. Work glutes, calves, quads, hamstrings and core, and over time, decrease body fat and improve overall cardiovascular function. Studio Cycle Express is a shortened version. • **Reserve your spot up to 60 minutes before class.**

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# Group Fitness Schedule

Schedules subject to change. Please refer to CAC's new app for updates.

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
5:00 – 6:00 pm	Ballet Burn .....	Therese C. <b>1</b>
6:30 – 7:30 pm	Total Body Training.....	Cheryl N. <b>2</b>
6:30 – 7:30 pm	Yoga (Multi-Level) .....	Heather H. <b>3</b>

<b>Tuesday</b>		
6:15 – 7:15 am	BODYPUMP .....	Amy S. <b>2</b>
9:30 – 10:20 am	Studio Cycle.....	Sarah R. <b>C</b>
9:30 – 10:30 am	Barre BURN.....	Lisa P. <b>1</b>
12:00 – 1:00 pm	Total Body Training.....	Stephanie F. <b>2</b>
5:00 – 5:30 pm	CXWORX.....	Libby R. <b>2</b>
5:45 – 6:15 pm	HIIT .....	Libby R. <b>2</b>
6:30 – 7:00 pm	SPRINT .....	Libby R. <b>C</b>

<b>Wednesday</b>		
6:15 – 7:15 am	BODYPUMP .....	Paul R. <b>2</b>
9:30 – 10:15 am	HIIT .....	Stephanie F. <b>2</b>
5:30 – 6:00 pm	GRIT Strength .....	Adam B. <b>2</b>
7:00 – 8:00 pm	BODYPUMP .....	Katie D. <b>2</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:15 – 7:15 am	BODYPUMP .....	Amy S. <b>2</b>
12:00 – 12:30 pm	SPRINT .....	Alexis A. <b>C</b>
12:00 – 1:00 pm	Pilates Mat .....	Penny S. <b>3</b>
5:00 – 6:00 pm	Vinyasa Flow Yoga.....	Caroline B. <b>3</b>
5:30 – 6:20 pm	Live DJ Spin .....	Amy S. / Jeff R. <b>C</b>
6:15 – 7:15 pm	BODYPUMP .....	Meagan P. <b>2</b>

<b>Friday</b>		
9:00 – 10:00 am	Vinyasa Flow Yoga.....	Patti L. <b>3</b>
12:00 – 12:45 pm	HIIT .....	Stephanie F. <b>2</b>
12:00 – 12:50 pm	Studio Cycle.....	Raquel F. <b>C</b>

<b>Saturday</b>		
8:00 – 9:00 am	BODYPUMP .....	Carlye W. <b>2</b>
9:15 – 9:45 am	CXWORX .....	Carlye W. <b>2</b>
10:00 – 10:50 am	Studio Cycle.....	Alyssa O. <b>C</b>

<b>Sunday</b>		
10:00 – 11:00 am	Barre .....	Hayley R. <b>1</b>
10:00 – 11:00 am	BODYPUMP .....	Katie B. <b>2</b>
5:15 – 6:30 pm	Yoga (Multi-Level) .....	Stephanie H.F. <b>3</b>

**1 = Studio 1**  
**2 = Studio 2**  
**3 = Studio 3**  
**C = Cycle Studio**