



## Group Fitness Schedule

**Live DJ Yoga** · · Live DJ Yoga is a Vinyasa class in which the DJ blends music with sounds from across genres — soul, hip hop, classical, rock, top 40, world music — to create a fun atmosphere of intense physical focus. The goal is for the music to support and enhance the yoga while never overpowering the teaching or flow of the 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.

**Power Flow Yoga** · · A vigorous form of Vinyasa Flow that links a sequence of asanas (poses) together safely so they can be done repeatedly, until it feels effortless with the breath and meditative for the mind. This practice can be very athletic and challenging for mind and body. Prior yoga experience suggested, but not required.

**Pre/Postnatal Studio Strength** · · This multi-level muscular endurance strength training class is as challenging as our other strength classes, but is designed to meet the physical needs and demands of pregnancy, labor and delivery. Special emphasis is placed on the abdominal, pelvic floor and back musculature. An All Club Access Class.

**Prenatal Yoga** · · This prenatal fitness class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for pregnant women at all stages of pregnancy. Feel better and stronger. No prior knowledge of yoga is required. An All Club Access Class.

**Sports Training** · · Cardio drills mixed with strength and agility exercises to improve flexibility, coordination, athletic performance, endurance and function.

**Stretch** · · Dynamically increase your flexibility with this functional fitness class. Create more space and less tension in the body with passive and active stretching designed to increase muscle length.

**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.

• **Reserve your spot up to 60 minutes before class.**

**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.

**Swim Training** · · This class focuses on increasing stroke efficiency and endurance. It helps optimize speed for triathlon training or simply for faster lap swimming times. Instructors coach with a structured workout, including interval training and technique tips. Must be able to swim a minimum of 1500 yards in one hour.

**Tai Chi** · · Tai Chi is a Chinese martial art. It is a graceful form of exercise that focuses on slow movements and balance. Tai Chi is used to develop coordination, balance, posture and strength through relaxed and continuous whole-body movement. Come ready to learn how to control your breathing, meditate and reduce stress and anxiety.

**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.

**Turbo Kick**® · · Burn calories and blast fat! Turbo Kick mixes kickboxing and simple dance moves with music that produces results! Each total body workout consists of a sport specific warm-up, high intensity intervals, easy to follow combinations and kickboxing specific strength/endurance training designed to maximize weight loss.

**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

**Aqua: Movement** ··· Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. These water activities are optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury. An All Club Access Class.

**Aqua: TBT** ··· Total Body Training in the pool! This is 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 water equipment or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you. An All Club Access Class.

**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.

**BODYATTACK™** ··· BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. BODYATTACK is a whole-body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do. **BODYATTACK™ Express** is a shortened version of this format.

**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.

**BURN** ··· Row. Ride. Run. Resist. This interval training workout will burn hundreds of calories during the class, plus hundreds more in the 24 hours after. Divided into five modalities of work – Concept 2 Rowers, Spinner Pro Spin Bikes, Woodway Curve Trainer Treadmills, TRX Suspension Units and Kettlebells – this is cardio training with short bursts of very high intensity intervals, combined with longer, slower intervals to increase metabolism, muscle mass and performance while burning body fat. Recommended twice a week for optimal muscle, mechanical and metabolic recovery. • **Reserve your spot up to 60 minutes before class.**

**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.

**Feldenkrais®** ··· Feldenkrais is awareness through movement. Each class is an enjoyable sensory-motor approach to learning new ways of moving, eliminating pain, enhancing performance and improving posture.

**Functional Strength & Balance** ··· Improve muscle tone and strength and increase balance. Focusing on multiple muscle groups simultaneously, you will experience more energy and less injury through strength and awareness. Develop more functional movement patterns for health and daily performance. Increase stability and balance for everyday activities.

**GRIT™ Athletic** ··· LES MILLS GRIT Athletic is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body.

**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.

**Hatha Yoga** ··· Hatha Yoga refers to any type of yoga involving physical postures, or asanas. Hatha Yoga balances mind and body using poses and controlled breathing, while teaching poise, balance and strength. When the term Hatha is used to describe a class it implies a basic and slow moving class that focuses on alignment and structure.

**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 brain power and burn fat using a variety of equipment or just your own body weight.

**Hip Hop/Funk** ··· Get your workout in while dancing with this straight-forward, funky, hip hop street dance class. Groove and burn calories, as each move is broken down to its most simple form. No dance experience needed, just a fun attitude. Movements are mostly low impact.

**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.**

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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>		
6:15 – 7:00 am	BODYPUMP Express .....	Makenzie V. <b>2</b>
9:00 – 9:30 am	HIIT .....	Amy S. <b>2</b>
9:45 – 10:15 am	Hard Core .....	Amy S. <b>2</b>
1:15 – 2:15 pm	Vinyasa Flow Yoga.....	Chris D. <b>1</b>
4:30 – 5:30 pm	Yoga (Multi-Level) .....	Kali O. <b>1</b>
5:45 – 6:15 pm	GRIT Athletic .....	Breanne L. <b>2</b>
6:00 – 6:50 pm	Live DJ Spin .....	Peter M./Jeff R. <b>C</b>
6:30 – 7:30 pm	BODYPUMP .....	Joey H. <b>2</b>

<b>Tuesday</b>		
6:15 – 7:05 am	Studio Cycle .....	Julie S. <b>C</b>
6:15 – 7:15 am	BODYPUMP .....	Therese C. <b>2</b>
9:00 – 10:00 am	Studio Strength .....	Dahlia F. <b>2</b>
10:15 – 10:45 am	HIIT .....	Kaitlyn F. <b>2</b>
11:00 – 11:30 am	Hard Core .....	Kaitlyn F. <b>2</b>

TIME	CLASS	INSTRUCTOR / STUDIO
4:30 – 5:30 pm	BODYPUMP .....	Katie D. <b>2</b>
5:30 – 6:30 pm	Yoga (Multi-Level) .....	Kali O. <b>1</b>
5:45 – 6:30 pm	BODYATTACK Express .....	Erika S. <b>2</b>
6:00 – 6:50 pm	Studio Cycle .....	Katie D. <b>C</b>
7:15 – 8:15 pm	Pilates Mat .....	Hayley R. <b>1</b>

<b>Wednesday</b>		
6:15 – 7:15 am	Sports Training .....	Julie S. <b>2</b>
10:00 – 10:30 am	HIIT .....	Kaitlyn F. <b>2</b>
10:45 – 11:45 am	Studio Strength .....	Jody B. <b>2</b>
11:00 – 12:00 pm	Hatha Yoga.....	Brittany Z. <b>1</b>
12:15 – 1:15 pm	Yoga Sculpt .....	Heather H. <b>1</b>
5:30 – 6:20 pm	Studio Cycle .....	Sarah R. <b>C</b>
6:00 – 7:15 pm	Vinyasa Flow Yoga.....	Erica M. <b>1</b>
6:15 – 7:15 pm	BODYPUMP .....	Therese C. <b>2</b>

**1 = Studio 1** (1st Floor)  
**2 = Studio 2** (3rd Floor Mezzanine)  
**C = Cycle Studio**

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:15 – 7:15 am	BODYPUMP .....	Anna B. 2
9:30 – 10:30 am	Pilates Mat .....	Karli G. 1
9:45 – 10:45 am	Total Body Training.....	Katie D. 2
12:00 – 1:30 pm	Live DJ Yoga.....	Erica M./Jeff R. 1
4:30 – 5:30 pm	Zumba .....	Angel S. 2
5:30 – 6:20 pm	Studio Cycle.....	Carson S. C
5:45 – 6:15 pm	CXWORX .....	Melinda M. 2
6:30 – 7:00 pm	HIIT .....	Melinda M. 2

<b>Friday</b>		
9:00 – 10:00 am	BODYPUMP .....	Amy S. 2
10:30 – 11:30 am	Stretch .....	Steve W. 1
11:30 – 12:30 pm	Zumba .....	Karli G. 2
1:45 – 2:45 pm	Vinyasa Flow Yoga.....	Chris D. 1
5:30 – 6:30 pm	Yoga Sculpt .....	Danielle H. 1

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
7:00 – 8:00 am	Total Body Training.....	Stacey H. 2
8:15 – 9:15 am	BODYPUMP .....	Alyssa O. 2
8:30 – 9:30 am	Vinyasa Flow Yoga.....	Patti L. 1
9:30 – 10:20 am	Studio Cycle.....	John N. C
10:00 – 11:00 am	Hip Hop/Funk .....	Viola E. 1
11:15 – 12:15 pm	Yoga (Multi-Level) .....	Jen W. 1
12:00 – 12:30 pm	CXWORX.....	Kacy R. 2
1:30 – 2:30 pm	Zumba .....	Angel S. 2
5:15 – 6:15 pm	Pilates Mat .....	Penny S. 1

<b>Sunday</b>		
8:30 – 9:30 am	BODYPUMP .....	Anna B. 2
9:00 – 9:50 am	Studio Cycle.....	John N. C
9:30 – 10:30 am	Yoga (Multi-Level) .....	Mary K. 1
9:45 – 10:45 am	Sports Training .....	Julie S. 2
4:00 – 5:00 pm	Vinyasa Flow Yoga.....	Stefanie C. 1
5:30 – 6:30 pm	BODYPUMP .....	Katie D. 2