



Group Fitness Schedule

Row360 ··· This 30 minute Rowing-based class works all 360 degrees of the body through High Intensity Interval Training (HIIT). The short circuits include Rowing and a series of total body exercises using state-of-the-art FitBenches which include dumbbells, med balls, kettlebells and more. Held in our brand-new Rowing Studio, this extra efficient, high-energy workout offers maximum challenge with minimal impact, helping you reach your goals faster.

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

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.**

Step ··· This high-energy workout uses a height-adjustable platform as an apparatus to step on, over or around to create patterns for high intensity, cardio conditioning.

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.**

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. **Studio Strength Express** is a shortened version of this format.

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. **Total Body Training Express** is a shortened version of this format.

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.

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.



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Effective September 1, 2020

Class Descriptions

Ashtanga Power Yoga ··· This vigorous method of yoga involves synchronizing breath with a progressive sequence of postures to help build strength flexibility and detoxify the body. Progress is easily assessed because the sequence is always the same.

Aqua: Athletic ··· A more demanding water class designed with higher intensity moves for members with an established cardio base. This class uses equipment including kick boards, water weights, resistance bands and more, with little to no impact on the joints. HIIT, Tabata and plyometric drills challenge speed, power and strength, build endurance, stamina and improve athletic performance. 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.

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

Kickboxing: Skills & Drills ··· This intense kickboxing class incorporates agility and strength into cardio training and total body conditioning using hand wraps, boxing gloves, focus mitts, jump ropes, medicine balls and occasionally heavy bags. It is a high intensity, high energy workout, open to all levels.

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.

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Group Fitness Schedule

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

Effective September 1, 2020

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:15 – 7:15 am	BODYPUMP	Alyssa O. 1
5:00 – 5:30 pm	GRIT Cardio	Melinda M. 1
5:45 – 6:45 pm	BODYPUMP	Melinda M. 1
6:45 – 7:45 pm	Vinyasa Flow Yoga.....	Stefanie C. 2

Tuesday		
6:15 – 6:45 am	GRIT Strength	Cheryl N. 1
10:30 – 11:30 am	BODYPUMP	Katie D. 1
5:00 – 6:00 pm	Pilates Mat	Penny S. 2
5:15 – 5:45 pm	CXWORX.....	Donna P. 1
6:00 – 6:30 pm	Row360	Melinda M. R
6:00 – 6:45 pm	Total Body Training.....	Donna P. 1
7:00 – 8:00 pm	BODYPUMP	Melinda M. 1

Wednesday		
11:15 – 12:15 pm	Zumba	Alberto A. 1
12:00 – 12:30 pm	Row360	Alexis A. R
12:30 – 1:15 pm	Ballet Burn	Alberto A. 2
5:00 – 6:00 pm	Barre	Jen W. 2
5:15 – 5:45 pm	HIIT	Stephanie F. 1
6:00 – 6:45 pm	Total Body Training Express	Stephanie F. 1

1 = Studio 1 **2 = Studio 2**
P = Pool **R = Row Studio**

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:15 – 7:15 am	BODYPUMP	Makenzie V. 1
9:45 – 10:15 am	Studio Strength Express.....	Jody B. 1
12:00 – 1:00 pm	Barre	Therese C. 2
5:00 – 5:45 pm	HIIT	Libby R. 1
5:30 – 6:00 pm	Row360	Paul R. R
6:00 – 7:00 pm	BODYPUMP	Jamey D. 1

Friday		
10:30 – 11:00 am	Row360	Julie S. R
10:30 – 11:30 am	BODYPUMP	Carlye W. 1
4:30 – 5:30 pm	Yoga (Multi-Level)	Mary K. 2

Saturday		
7:45 – 8:45 am	Yoga Sculpt	Scott Z. 2
8:15 – 8:45 am	HIIT	Amy S. 1
9:00 – 9:30 am	CXWORX.....	Amy S. 1
9:00 – 10:00 am	Pilates Mat	Penny S. 2
9:45 – 10:45 am	BODYPUMP	David R. 1
10:15 – 11:15 am	Yoga (Multi-Level)	Ashley S. 2
11:00 – 12:00 pm	Boxing Challenge	Frank R. 1

Sunday		
9:00 – 10:00 am	BODYPUMP	Cheryl N. 1
10:30 – 11:30 am	Total Body Training.....	DeWitt W. 1