



Wellness Center Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:45am	<i>Step Circuit</i> Naomi	CARDIO -ABS Naomi	<i>Step Circuit</i> Marla	CARDIO -ABS Marla	Group Strength Naomi	
5:15pm <i>New Time</i>	CARDIO - ABS Marla	<i>Step Circuit</i> Marla	Group Strength Naomi	CARDIO - ABS Naomi		
6:15pm <i>45 min class</i>			Beginner's Class (Jan-Feb) First Class Jan 13th			
6:30pm	YOGA Advanced Poses Jess			YOGA Beginner Poses Jess		
8:00pm			YOGA Advanced Poses Jess			

STEP Circuit

Mix it up! We will alternate step with strength exercises, using a variety of fun equipment!
Great class for beginners!

CARDIO-ABS

Focus of this class is to **MOVE** – burn calories immediately!

Will use Steps - fun choreography options - and mix it up with some interval options.

Expect to warm up, get an aerobic workout and finish class with Abdominal / **CORE** exercises and stretching.

GROUP STRENGTH

All Strength & Toning – Head to Toe – no choreography! Options given for beginners to advanced.

Build muscle & burn calories longer!!! Fun and challenging!!

Format designed to safely find – focus on – and tone each muscle group – using a variety of equipment.

Beginner's Class

This is a class designed for first timer's to Group Fitness Classes.

We will cover all the basic movements on the step and using the equipment.

Make sure to discuss any limitations with your instructor, so that she may provide alternatives.

Equipment used in our Classes:

- Steps
- Body Bars
- Exercise Balls
- Weighted Balls
- Hand Weights
- Resistance Tubing
- **NEW **Bender Balls****
- **NEW **Gliding Discs****