

# CCRC Group Fitness Schedule



Please note that the schedule is subject to change without notice.

All Rec Center classes are included with all memberships and punch passes. Non-members must pay \$6 to attend classes. All Cycling classes happen in the Indoor Cycling Room, located in the back hallway.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30 am Zumba Sparkle			
5:30 am Zumba Sparkle	6:00 am Zumba Step Sparkle	7:00 am Final Cut Beth		7:00 am Gentle Flow Yoga Whitney	
8:00 am Final Cut Beth	8:00/8:30 am HIIT/Ab & Core Irene	8:00 am R.I.P.P.E.D. Katie	8:00 am Circuit Irene	8:00 am Zumba Teddie	8:30 am The Body Shop Irene
9:00 am R.I.P.P.E.D. Katie	9:00 am Yoga Whitney	9:00 am Cycling Deb	9:00 am Form Fit Valerie	9:00 am R.I.P.P.E.D. Katie	9:30 am Cycling *Rotation
10:00 am PiYo Teddie	10:15 am Tai-Chi Rose	9:00 am Zumba Teddie	9:00 am Cycling Irene	9:00 am Cycling *Rotation	9:30 am Zumba *Varies
		10:00 am Strength & Grace Irene	10:00 am Country Heat Lola	10:00 am Fusion Irene	
4:30 pm Zumba Teddie	4:30 pm Form Fit Katie	4:30 pm Zumba Teddie	4:30 pm Tai-Chi Mary		
5:00 pm Cycling Irene	5:30 pm Circuit Irene	5:30 pm Kickboxing Weslie	5:30/6:00 pm HIIT/Ab & Core Irene		
5:30 pm Final Cut Weslie	5:30 pm Cycling Tracy	6:00 pm Cycling Irene	7:00 pm Zumba Sparkle		
6:30 pm Strength & Grace Tracy	6:30 pm Final Cut Beth	6:30 pm Yoga Heather			

# Class Descriptions

**Country Heat:** This aerobic dance class set to country music will get your heart pumping.

**Form Fit:** Weights Intensive Class designed to build muscular strength & focuses on good form.

**Strength & Grace:** Learn how to train the core for improved overall balance. This class tones and shapes the body while engaging the core.

**Cycling:** This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

**Zumba:** Internationally known Latin Dance based cardio workout that will leave you begging for "Uno Mas!"

**Kickboxing:** Come jab, kick, and punch your way into fitness.

**Circuit Training:** Complete body workout to develop your stamina. Strengthen and tone the entire body.

**Final Cut:** You will be challenged! A powerful way to strength train. We will challenge all major muscle groups with the best weight room moves.

**The Body Shop:** This class tones and shapes the body while engaging the core.

**PiYo:** Fun, challenging class design to build Strength, Balance & Flexibility. The moves fit perfectly together to form a class full of energy, power and rhythm.

**Yoga:** Flexibility, balance, strength and muscle tone improve as the mind and body work together in harmony.

**Tai Chi:** Tai Chi is an ancient technique from the orient and has been known to stimulate your mind, joints and muscles. All levels and ages are welcome.

**R.I.P.P.E.D:** Uses components of Resistance, Intervals, Power, Plyometric, and Endurance training to help you attain and maintain a healthy physique in a safe, fun, and effective way.

**H.I.I.T/ Ab & Core:** This is a two part class: the first 30 minutes is high intensity interval training and the last 30 minutes is focused on building strong core muscles.

**Fusion:** This two part, hour long, class fuses a workout designed to challenge your cardiovascular fitness and muscular endurance with a 30 minutes Strength & Grace class for a great all around workout. Come sweat...leave satisfied.

Please contact the Health & Fitness Coordinator with any questions or concerns by either leaving a suggestion at the front desk or calling 729-5600.