OCTOBER GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a 7:30a/ 8:15a	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy STEP 7:30a-8:15a Aerobics Room Mary Terwelp	Dirty 30 5:45a-6:15a Aerobics Room Camille Donaldson SUSPENSION& ROW 7:45a-8:15a MULTI-PURPOSE ROOM Mary Terwelp	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	<u>Dirty 30</u> 5:45a-6:15a Aerobics Room Camille Donaldson	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy TABATA BOOT CAMP 7:45a-8:15a Aerobics Room Heather Williams	YOGA 7:30a-8:30a Aerobics Room Sara/Cathy
8:30a	Ballet Burn 8:30a-9:15a Multi purpose room Meghan Medsker Muscle Maddness 8:30a-9:15a Aerobics Room Mary Terwelp	Warrior Cross Train 8:30a-9:15a Outside Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner	Barre 8:30a-9:15a Aerobics Room Meghan Medsker	Warrior Cross Train 8:30a-9:15a Outside Megan Costigan Get Fit 8:45a-9:30a Aerobics Room Lisa Warner	ICE 8:30a-9;15a Aerobics room Mary Terwelp High Fitness 8:45a-9:30a BFIT ROOM Lisa Warner	Boxing Conditioning 8:15a-9:00a BFIT ROOM Power Cycle 8:30a-9:30a Cycling Room Robin Carlson
9:30a & _ 10:00a	Fit To Fight 9:45a-11:00A Aerobics Room Jacob Obert Vinyasa Flow Yoga 9:30a-10:30a Aerobics Room Emely	Fit To Fight 10:30a-12:00p Aerobics Room Cathy Schluckebier	Vinyasa Flow Yoga 9:30a-10:30a Aerobics room Emely Cycling 9:30a-10:15a Cycling Room Judy	Fit To Fight 9:45a-11:00A Aerobics Room Jacob Obert	9:30a-10:15a Aerobics Room Joe Ware Fit To Fight 10:30a-12:00p Aerobics Room Cathy Schluckebier	9:00a-9:45a Aerobics Room Lisa Warner HGH fitness
12:15p	Muscle Madness 12:15p-1:00p Aerobics Room Beth Mackenzie	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier SUSPENSION& ROW 12:15p-1:00p MULTI-PURPOSE ROOM Beth Mackenzie	PiYo 12:15p-1:00p Aerobics Room Beth Mackenzie	<u>Tabata</u> 12:15p-1:00p Aerobics Room Beth Mackenzie	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier Instructors Choice 12:15p-1:00p Meet in Lobby Jacob Obert	
5:00p	Aerobics Room Jen Oitker	Women's Boxing 5:00p-6:00p BFit Riley Giesing PiYo		Women's Boxing 5:00p-6:00p BFit Riley Giesing		
5:15p		5:15p-6:00p Aerobics Room				7/2



Brenna Zanger Cardio Circuits **YOGA** 5:30p-6:00p 5:30p-6:15p **Aerobics Room**

MULTI-PURPOSE ROOM Cathy Schluckebier Power Cycling

5:30p-6:30p Cycling Room Robin Carlson

Boxing 6:00PM-7:00PM **BFIT Room** Riley Giesing

H\GH

5:30p-6:15p **Aerobics Room** Lisa Warner

5:30p-6:15p MULTI-PURPOSE ROOM Kelle Bunch Power Cycling

YOGA

5:30p-6:30p Cycling Room Robin Carlson

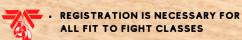
Boxing 6:00PM-7:00PM **BFIT Room** Riley Giesing

FALL INTO FITNESS FAMILY EVENT LAZY IRONMAN

> MONTH LONG EVENT OCTOBER 1-28

WELLNESS CENTER UPDATES

- . ALL GROUP FITNESS CLASSES ARE DROP IN EXCEPT THE FOLLOWING
 - . HIGH FITNESS & BOOT CAMP ARE ALL PAID CLASSES



Jen Oitker

H∖GH

6:45p-7:30

Aerobics Room

Lisa Warner

5:30p

6:00P

7:30p



CLASS DESCRIPTIONS

- **1.Barre** A revolution that blends the best of ballet, strength, yoga and Pilates. A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.
- 2. Bootcamp- An intense conditioning class that integrates both cardio and strength exercises class meets offsite.

 Registration is necessary.
- **3. Boxing Conditioning –** This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.
- **4. Circuits** A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout.
- **5. Cycling** A cycling class for all levels with the ability to tailor the workout to meet your needs and your experience level.
- **6.Dirty Thirty** Your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout30 or 50 sec full-on rounds and 10 sec of rest hitting muscles, cardio or combination of both.
- **7.Fit to Fight:** Two separate classes designed for those battling cancer or living with Parkinson's. Registration is required and is free for members.
- 8. Fro Flow Chair Yoga- Class is geared toward active older Adults. Go through a flow of yoga poses in a chair, modification if needed. Chair is used for sitting and support to pratice balance
- 9. Get Fit Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.
- 10. High Intensity Interval Training (HIIT) a full-body, heart-pumping workout. Combine strength and endurance training with high-intensity cardio bursts. Set to energizing and motivational music. Modifications for all fitness levels.
- 11. High Fitness- Old school aerobics is back with a new exciting and intense twist. Come workout to amazing music and be ready to sweat and PARTY. Registration is necessary.
- 12.ICE (Intermediate Circuit Extreme) A fun workout for all fitness levels but geared to the intermediate individual.

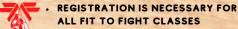
 Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.
- 13. Instructors Choice- Type varies each week. Be prepared for ANYTHING. Class meets in the lobby.
- **14. Muscle Tone** Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.
- **15. Pilates** Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.
- **16. PiYo** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
- 17. Power Cycling This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.
- **18. Suspension and Row Fusion** Want an intense workout? This class will utilize suspension trainers, rowers and other equipment. It will fire up your core and give you an incredible fat and calorie burning workout.
- **19. Tabata** 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.
- **20. Vinyasa Flow Yoga** This is an intermediate level class. Building strength, flexibility and balance by flowing breath and movement together. Focusing on skills to advance your practice! Taught by Emely Rose.
- **21. Warrior Cross Train** Find your inner warrior in this intense boot camp style class is designed to get your heart rate up, increase strength and endurance. Be ready to run and sweat. Class is held outside when weather permits.
- 22. Yoga All classes are variations of Ashtanga Yoga classes that differ per instructor.
- 23. Walk Fit- A 45 min class that will keep you moving with no running required. Join this group to get some steps in for the day as well as strength training. Class meets outside and is weather permitting.

SEPTEMBER GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	<u>Dirty 30</u> 5:45a-6:15a Aerobics Room Camille Donaldson	YOGA 5:45a-6:30a Aerobics Room _{Sara/Cathy}	<u>Dirty 30</u> 5:45a-6:15a Aerobics Room Camille Donaldson	YOGA 5:45a-6:30a Aerobics Room Sara/Cathy	
7:30am /8:15am	STEP 7:30a-8:15a Aerobics Room Mary Terwelp	SUSPENSION& ROW 7:45a-8:15a MULTI-PURPOSE ROOM Mary Terwelp			TABATA BOOT CAMP 7:45a-8:15a Aerobics Room Heather Williams	YOGA 7:30a-8:30a Aerobics Room Sara/Cathy
8:30am	Ballet Burn 8:30a-9:15a Multi purpose room Meghan Medsker Muscle Maddness 8:30a-9:15a	Warrior Cross Train 8:30a-9:15a Outside Megan Costigan Get Fit 8:45a-9:30a Aerobics Room	Barre 8:30a-9:15a Aerobics Room Meghan Medsker	Warrior Cross Train 8:30a-9:15a Outside Megan Costigan Get Fit 8:45a-9:30a Aerobics Room	I <u>CE</u> 8:30a-9;15a Aerobics room Mary Terwelp <u>High Fitness</u> 8:45a-9:30a	Boxing Conditioning 8:15a-9:00a BFIT ROOM Power Cycle 8:30a-9:30a Cycling Room
9:30am & 10:00am	Aerobics Room Mary Terwelp Fit To Fight 9:45a-11:00A Aerobics Room Jacob Obert Vinyasa Flow Yoga 9:30a-10:30a Aerobics Room	Lisa Warner Fit To Fight 10:30a-12:00p Aerobics Room Cathy Schluckebier	Vinyasa Flow Yoga 9:30a-10:30a Aerobics room Emely	Lisa Warner Fit To Fight 9:45a-11:00A Aerobics Room Jacob Obert	Lisa Warner Fro Flow Chair Yoga 9:30a-10:15a Aerobics Room Joe Ware Fit To Fight 10:30a-12:00p Aerobics Room Cathy Schluckebier	9:00a-9:45a Aerobics Room Lisa Warner HGH fitness
12:15pm	Muscle Madness 12:15p-1:00p Aerobics Room Beth Mackenzie	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier SUSPENSIONG ROW 12:15p-1:00p MULTI-PURPOSE ROOM Beth Mackenzie	PiYo 12:15p-1:00p Aerobics Room Beth Mackenzie	<u>Tabata</u> 12:15p-1:00p Aerobics Room Beth Mackenzie	YOGA 12:15p-12:45p Aerobics Room Cathy Schluckebier Instructors Choice 12:15p-1:00p Meet In Lobby Jacob Obert	
4:00pm 5:00pm	Muscle Tone 5:00p-5:30p Aerobics Room	Women's Boxing 5:00p-6:00p BFit Riley Glesing		Women's Boxing 5:00p-6:00p BFit Riley Giesing		the
5:15pm	Jen Oitker	<u>PiYo</u> 5:15p-6:00p Aerobics Room Brenna Zanger	High Aerobics Room Lisa Warner	,	UPCOMING EVENT SEPTEMBER 29TH	
5:30pm	Cardio Circuits 5:30p-6:00p Aerobics Room Jen Oitker	YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Cathy Schluckebier Power Cycling 5:30p-6:30p Cycling Room Robin Carlson		YOGA 5:30p-6:15p MULTI-PURPOSE ROOM Kelle Bunch Power Cycling 5:30p-6:30p Cycling Room Robin Carlson	SENIOR FITNESS DAY HIGHLIGHTED SENIOR CLASSES IN AEROBICS STUDIO: • 5:45AM - 6:30AM YOGA • 8:45AM-9:30AM CHAIR YOGA • 9:45AM-10:15AM GUEST SPEAKER	
6:00PM / 6:30PM & 7:00PM	Power Pilates 6:00PM-7:00PM Aerobics Room Kim Kulhman	Boxing 6:00PM-7:00PM BFIT Room Riley Giesing		Boxing 6:00PM-7:00PM BFIT Room Riley Giesing	• 10:30AM-12:00 • 12:15PM-1:00PN	PM FIT TO FIGHT

WELLNESS CENTER UPDATES

- . ALL GROUP FITNESS CLASSES ARE DROP IN EXCEPT THE FOLLOWING
- . HIGH FITNESS & BOOT CAMP ARE ALL PAID CLASSES



- 7:30AM-8:30AM AQUA AEROBICS
- 8:30AM-9:30AM WATER VOLLEYBALL
- 9:30AM-10AM LAP SWIM
- 1:30PM-2:30PM AQUA ACTIVE

