



# Group Fitness Schedule

Effective January 1, 2017 | Subject to change | Edited 11-1-17

TIME	CLASS	TYPE	INSTRUCTOR
<b>MONDAY</b>			
6:30-7:15 am	Tabata	(C)	Heidi
10:00-10:30 am	Moving Easy	(S/B)	Joan
12:00-12:45 pm	Spin	(C)	Terry
4:45-5:30 pm	Boot Camp	(C/S)	Maryellen
<b>TUESDAY</b>			
6:15-7:00 am	<b>NEW!</b> Barre Light	(S/B)	Sandy
12:00-12:30 pm	FIT Body	(C/S)	Terry
4:45-5:30 pm	FIT Core	(S/F)	Pete
5:35-6:35 pm	Gentle Yoga	(B/F)	Steve
<b>WEDNESDAY</b>			
6:30- 7:15 am	Tabata	(C/S)	Heidi
10:00-10:30 am	Moving Easy	(S/B)	Joan
12:00-12:30 pm	<b>NEW!</b> Circuit Training	(C/S)	Terry
12:30-1:00pm	<b>NEW!</b> Stretch It Out	(S/F)	Terry
5:15-6:00 pm	M.A. Fusion	(C/B)	Pete
6:00-6:45 pm	<b>NEW!</b> Tai Chi	(S/B)	Pete
<b>THURSDAY</b>			
6:30-7:15 am	Mat Pilates	(S/B)	Karin
12:00-12:45 pm	Mat Pilates	(S/F)	Karin
<b>FRIDAY</b>			
6:30-7:15 am	Tabata	(C/S)	Heidi
10:00-11:00 am	Tai Chi	(S/B)	Beth
12:00-12:45 pm	<b>NEW!</b> Spin	(C)	Heidi
4:45-5:45 pm	Zumba	(C)	Karin
<b>SATURDAY</b>			
7:45-8:30 am	<b>NEW!</b> Spin	(C)	Heidi
8:45-9:30 am	M.A. Fusion	(C/B)	Pete
9:30-10:15 am	Mat Pilates	(S/B)	Karin

## CLASS DESCRIPTIONS

**BARRE LIGHT:** Stretching and strengthening exercises for increased movement and agility.

**BOOT CAMP:** A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns.

**CIRCUIT TRAINING** – this class is designed to enhance your cardiovascular and strength with a different types of functional movement and cross training

**CORE ENERGY:** Strength and energy exercises that emphasize circulation and mind/body connection and relaxation.

**FIT BODY:** Incorporates a variety of equipment and body weight to improve cardiovascular fitness and stability.

**FIT CORE:** Functional interval training with functional movements to increase muscular endurance and core stability.

**MARTIAL ARTS FUSION:** Cardio martial arts combinations that challenge coordination and stamina.

**MAT PILATES:** Body conditioning method that emphasizes stretching, decompression of joints, and core strength.

**MOVING EASY:** Combines balance, movement, and stretching techniques. Strengthens and tones muscles, and improves posture, balance, and flexibility.

**SPIN:** Specifically designed stationary bike that incorporates a cardiovascular workout.

**STRETCH IT OUT** – this class will assist you with effective stretches to increase your flexibility.

**TABATA:** A high-intensity interval training workout that includes 20 seconds of maximum intensity, followed by 10 seconds of rest.

**TAI CHI:** Art that includes slow, graceful movements to increase balance and muscle conditioning.

**ZUMBA:** Latin dance styles that increase cardio endurance.

## CLASS TYPE

- (C) - Cardio
- (S) - Strength
- (B) - Balance
- (F) - Flexibility

### For more information:

Karin Lewis, Group Fitness Coordinator,  
860-714-4414, klewis@mandelljcc.org,  
www.mandelljcc.org/stfrancis