



Group Fitness Schedule

Effective January 1, 2017 | Subject to change | Edited 7-6-17

TIME	CLASS	INSTRUCTOR
MONDAY		
6:30-7:15 am	Tabata	Heidi
10:00-10:30 am	Moving Easy	Joan
12:00-12:45 pm	Spin	Terry
4:45-5:30 pm	NEW! Boot Camp	Maryellen
TUESDAY		
6:15-7:00 am	Spin	Sandy
12:00-12:30 pm	FIT Body	Terry
4:45-5:30 pm	FIT Core	Pete
5:35-6:35 pm	Gentle Yoga	Steve
WEDNESDAY		
6:30- 7:15 am	Tabata	Heidi
10:00-10:30 am	Moving Easy	Joan
5:15-6:00 pm	M.A. Fusion	Pete
6:00-6:30 pm	NEW! Core Strength	Pete
THURSDAY		
6:30-7:15 am	NEW! Mat Pilates	Karin
12:00-12:45 pm	Mat Pilates	Karin
FRIDAY		
6:30-7:15 am	Tabata	Heidi
10:00-11:00 am	Tai Chi	Beth
4:45-5:45 pm	NEW! Zumba	Karin
SATURDAY		
8:45-9:30 am	M.A. Fusion	Pete
9:30-10:15 am	Mat Pilates	Karin

CLASS DESCRIPTIONS

BOOT CAMP: Boot Camp is a group physical training program conducted in the group fitness studio. This designed workout is to build strength and fitness through a variety of intense group intervals.

CORE ENERGY: This class includes core strength and energy exercises that may help with metabolism, the central nervous system, circulation, mind/body connection and relaxation.

FIT BODY: This class is designed to improve cardiovascular fitness, muscular strength and endurance, and stability. This 30 minute class has little downtime and incorporates a variety of equipment as well as the use of your own body weight.

FIT CORE: This functional interval training class uses functional movements to increase muscular endurance and core stability.

GENTLE YOGA: This GENTLE class incorporates breathing techniques and gentle body movements to enhance flexibility, joint stability and muscle conditioning.

MARTIAL ARTS FUSION: This class has a variety of martial arts combinations that challenge your coordination and stamina, making it an enthusiastic and energized workout.

MOVING EASY: Perfect for aging bodies! Discover what your body can do by combining balance and stretching techniques. Reduce your risk for falls, keep your joints flexible and strengthen your core stability.

PILATES: Pilates is a method of body conditioning that is a unique system of stretching and strengthening exercises. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, creates a more streamlined shape.

SPIN: This class utilizes a specially designed stationary bike for an interval-based, motivating and invigorating cardiovascular workout.

TABATA: A high-intensity interval training workout that includes 20 seconds of maximum intensity, followed by 10 seconds of rest. The interval cycle is repeated for a total of 4 minutes before moving on to the next exercise.

TAI CHI: Learn to relax and use your breathing. The slow, graceful moves of the art will increase core strength, balance and muscle conditioning.

YOGA FLOW: This ALL LEVELS class focuses on breath, feet, mindful transitions, softness and creating a strong alignment through fullness of breath. Being simple present in the body, moving to soft spiral twists, building to a steady flowing vinyasa.

For more information:

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