

GROUP EXERCISE & INDOOR CYCLING

MONDAY

Indoor Cycling '45'	6:15-7:00am	Katie
Indoor Cycling '30'	4:00-4:30pm	Michele
Meditation & Relaxation	4:30-5:00pm	Tom
Boot Camp	5:30-6:30pm	Kristin

TUESDAY

Yoga	4:30-5:30pm	Michele
Zumba	5:30-6:30pm	Kandi
Indoor Cycling '45'	6:00-6:45pm	Ellen
Strength and Endurance (S&E)	6:30-7:30pm	Saga

WEDNESDAY

Indoor Cycling '45'	6:15-7:00am	Saga
Relax and Renew	12:15-12:45pm	Kelly
Yoga	5:30-6:30pm	Valerie
Ab Attack	6:30-6:55pm	Katie
Zumba	7:00-8:00pm	Selys

THURSDAY

Yoga	4:30-5:30pm	Michele
Indoor Cycling '45'	5:15-6:00pm	Christie
Cardio & Abs	5:30-6:30pm	Kristin
Indoor Cycling '30'	6:30-7:00pm	Ellen

FRIDAY

Indoor Cycling '30'	4:15-4:45pm	Katie
20/20/20	5:30-6:30pm	Saga

Classes begin August 20th.

All Indoor Cycling classes are held in the Indoor Cycling Studio next to Wynee's Bistro. Participants must sign in at the HWC.

Instructor has the right to cancel for 3 or less participants.

Proper workout attire is required for all group exercise classes.

We recommend bringing a towel and water bottle to all classes.



CLASS DESCRIPTIONS

20/20/20

Try a little bit of everything! Each week the class can interchange between step, circuits, kickboxing, and resistance training split up in 20 minute intervals. A perfect addition to your regular workout routine. All levels.

AB ATTACK

A workout devoted entirely to the abdominals, hips and lower back. You'll strengthen and stretch your "core" in 25 minutes. All Levels.

BOOT CAMP

Bored with your usual workout routine? This is a 60 minute power-packed cardio and strength workout that incorporates the full body! Each week will vary between strength, cardio and circuits! All levels!

CARDIO AND ABS

A new class this semester! This class is split up between 30 minutes of cardio and 30 minutes of core work. The instructor will lead you through various types of cardio conditioning exercises to keep your heart rate up. All levels.

INDOOR CYCLING

Choose your ride. Express '30' rides are great for new or frequent riders practicing basic foundations. Learn riding forms, resistance and proper pedal stroke while establishing a strong aerobic base. Full '45' rides establish a strong aerobic base with hill climbs, intervals, flat roads and sprints. Each ride is for all levels.

MEDITATION AND RELAXATION

Emotional balance, calmness, mindfulness and stress relief are just a few benefits of meditation. The length and type will vary each week and focus on deep breathing, guided or unguided meditation practice for beginners and advanced. Join Tom from the counseling center every week and try something new! Dress comfortably. All levels.

RELAX AND RENEW

This thirty minute class includes restorative poses coupled with breath work and meditation. Take a midday break to refresh, restore and renew your spirit.

STRENGTH AND ENDURANCE (S&E)

From squats, lunges, pushups, curls to core work...this class has it all! It'll incorporate a variety of weight training exercises to burn fat and build strength! All levels.

YOGA

This class includes classical yoga postures, breathing techniques, and relaxation methods. Benefits include: stress release, body strength, weight control, improved body alignment and flexibility and better concentration. All levels.

ZUMBA

A fun, effective and simple fitness system that uses the principal of aerobic interval training to maximize caloric output, fat burning and total body training. Latin rhythms create a party like atmosphere that delivers results. All levels.