

# GROUP EXERCISE & CYCLING CLASSES

Classes begin  
March 10-  
April 25

All Indoor Cycling classes are held in the Indoor Cycling room next to Wynnee'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.

## MONDAY

Indoor Cycling	6:15-7:00am	Katie
Boot Camp	4:15-5:15pm	Keturah
Indoor Cycling	4:30-5:15pm	Christie
Yoga	5:30-6:30pm	Anne

## TUESDAY

Yogalates	4:30-5:25pm	Michele
20/20/20	5:30-6:30pm	Michele
Indoor Cycling	7:00-7:45pm	Jessica
Zumba	7:00-8:00pm	Kandi

## WEDNESDAY

Indoor Cycling	6:15-7:00am	Christie
Meditation & Relaxation	12:15-12:45pm	Tom
Indoor Cycling	4:00-4:45pm	Saga
Ab Attack	5:00-5:30pm	Keturah
Dance it Off!	6:00-6:45pm	Julie
Indoor Cycling	7:00-7:45pm	Ellen

## THURSDAY

Indoor Cycling	4:30-5:15pm	Christie
Yoga	4:30-5:30pm	Michele
Boot Camp	5:30-6:30pm	Keturah

## FRIDAY

Indoor Cycling	6:15-7:00am	Taylor
Zumba	4:00-4:55pm	Kandi
Ab Attack	5:15-5:45pm	Saga

# 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 30- 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! All levels!

## DANCE IT OFF

Get the workout of a dancer. This class is designed to improve cardiovascular endurance, flexibility, and body control. You'll enjoy all types of dance with a few body weight exercises in between! No experience necessary just prepare to have fun and shake your stress away! All levels.

## INDOOR CYCLING

Sweating has never been so much fun. Experience a cardio workout where you follow the instructor through hills and sprints during a 30 min or 45 minute bike ride. Cycling allows you to workout at your own pace! 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.

## 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.

## YOGALATES

A blend of classical yoga poses and mat Pilates. Pilates incorporates movements to activate, isolate and stabilize deep core muscles. Yogalates is designed to improve flexibility, posture, balance and overall body strength. 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.