

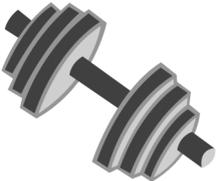
USD 367 Sport & Fitness Zone Group Exercise Schedule

Starts September 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open-8:00 AM						
8:00 AM	Cycle, Ropes & Steps Crystal 8:05-8:55am	Circuit Crystal 8:05-8:55am	Strength Crystal 8:05-8:55am	Intensity Crystal 8:05-8:55am	Cross Training Debby 8:05-8:55am	
9:00 AM	Strength Crystal 9:05-9:55am	Yoga Crystal 9:05-9:55am	Cycle, Core & Roll Crystal 9:05-9:50am	Yoga Crystal 9:05-9:55am	Pilates Debby 9:05-9:55am	
10:00 AM	Cross Training Debby 10:05-10:55am	Adaptive Yoga Hayden 10:05-10:45am	Cross Training Debby 10:05-10:55am		Adaptive Yoga Hayden 10:05-10:45am	
11:00 AM	Silver Sneakers Cardio Fit Debby 11:05-11:50am		Silver Sneakers Cardio Fit Debby 11:05-11:50am		Silver Sneakers Classic Hayden 11:05-11:50am	
12:00-4:00 PM						
4:30 PM	Bootcamp Katie 4:30-5:20pm	Cross Training Katie 4:30-5:20pm	Pilates Debby 4:30-5:20 pm	Anything Goes Katie 4:30-5:20pm	Abs & Arms Katie 4:30-5:20pm	
5:00 PM						
5:30 PM	Dance2BFit Terri 5:30-6:20pm	Bootcamp Debby 5:30-6:20pm	Dance2BFit Terri 5:30-6:20pm	Cross Training Debby 5:30-6:20pm		
6:00 PM						
6:30PM - Close						



CLASS DESCRIPTIONS

 <p>Silver Sneakers</p>	<p>Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing w/ handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.</p> <p>CardioFit– is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.</p>
 <p>Strength</p>	<p>Abs & Arms– This class focuses on toning and defining the abs and strengthening the back to improve posture and core strength. Arm and cardio exercise are also incorporated to provide a broader range of targeted muscles.</p> <p>Circuit– Challenge yourself through 4-6 stations using little to no equipment for a total body workout. Each station will be visited for a set amount of time and then rotated for the duration of class.</p> <p>Strength– Come ready to sweat! Prepare to leave empowered and feeling strong. Class focuses on strength training and increasing range of motion. Perfect for all fitness levels of fitness.</p>
 <p>Cardio</p>	<p>Cycle, Core & Roll– Indoor cycling paired with multiple core exercises for a toned mid-section and foam rolling to help release any tension or knots.</p> <p>Dance2BFit– Made up of all different genres of music, dance your way to fitness with a great high energy cardio workout! Enjoy an hour of dance as you sweat, have fun and burn calories.</p>
  <p>Combo</p>	<p>Anything Goes– Every class is something different and you never know what you’re going to get because it is a surprise every time! Strength & core focused!</p> <p>Cycle, Ropes & Steps– Indoor cycling, jump ropes, slam ropes and steps. Combine all of these options for an ultimate cardio experience.</p> <p>Bootcamp– This is a fast paced workout that uses a variety of equipment and exercise techniques to achieve maximum results.</p> <p>Cross Training– A class that conditions different muscle groups by using a routine that involves several different forms of exercises that are beneficial for maintaining a high level of overall fitness.</p> <p>Intensity– Fast paced cardio workout consisting of alternating periods of high and low bursts of work. Using a variety of moves, each chosen exercise will be used for 4 minutes at a rate of 20 sec of work and 10 sec of rest for a total of 8 rounds per exercise.</p>
 <p>Mind & Body</p>	<p>Yoga– Participants focus on slow stretches, flexibility and deep breathing. Precise alignment of the poses is taught. All fitness levels welcome.</p> <p>Pilates– a unique system of stretching and strengthening exercises, utilizing a strength component, designed to improve core muscle strength, flexibility, balance, posture, and overall well-being.</p> <p>Adaptive Yoga– This class designed for those who desire more flexibility, balance, muscular endurance and mind-body training. It is a 45 minute class that is appropriate for EVERYBODY. All of the poses and breathing exercises are performed either seated or standing.</p>