

Summer Group Fitness Schedule

Effective Monday, July 11, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
11:15a – 12:00p Chisel Marjorie	11:15a – 12:00p Ballet Sculpt Heather	11:15a – 12:00p Chisel Liz	11:15a – 12:00p Jam Session Destini	11:15a – 11:45a #312 Amy
12:05p – 1:05p Vinyasa Yoga Jeff	12:05p – 12:50p Iron Ride Jernell	12:05p – 12:50p Pilates Justin	12:05p – 1:05p Power Yoga Corey	11:45a – 12:15p FitCore Amy
5:15pm – 6:00pm FitSport Jernell		5:00pm – 5:30pm FitCore Arthur	1:15p – 1:45p FitFour Corey	12:15p – 1:00p Spinning Interval Jesse
6:00pm – 6:15pm AfterBurn Jernell	5:30p – 6:15pm Zumba Cristina	5:30p – 6:15p Spinning Interval Arthur	Indicates New Class or Class Time Change	

#312 This intense, high energy 30 minute class delivers 4 different six minute circuits consisting of 3 minutes of cardio, 1 minute of core immediately followed by 2 minutes of strength work. Movements are non - stop and recovery is limited. All fitness levels are welcome and modifications are available. Ready, set #youregoingtosweat!

AfterBurn, a flexibility training class teaches PNF (proprioceptive neuromuscular facilitation) techniques to increase movement efficiency, improve blood flow and nutrients to your joints, and enhance neuromuscular coordination. AfterBurn is recommended for anyone who wants to improve their fitness performance.

Ballet Sculpt This Ballet Barre inspired class, will sculpt, strengthen and elongate all of your major muscle groups. All levels welcome no dance experience necessary. Format may employ a multitude of training tools/techniques such as the Ballet Barre, light weights, and body bars.

Chisel Re-shape your body with this non - stop, fast paced workout that focuses on compound exercises performed with lighter weights, higher repetitions and a variety of fitness equipment.

FitCore Concentrated abdominal and lower back work. Plan your workout accordingly to put this quick class on the front or back end of your workout routine.

FitFour This high intensity class brings a boost to your heart rate and keep you burning calories for hours. With 4 stations, the class will bring together plyometrics, heavy lifting, resistance training and cardiovascular drills to test endurance and speed.

FitSport is a challenging cardiovascular and muscle strength conditioning class, which is effective and time efficient. Expect short, high-intensity cardiovascular segments utilizing sports specific drills followed by compound muscle strength exercises challenging all the major muscles of the body. This class is appropriate for all fitness levels.

Iron Ride (Formerly Cycle Cross) Get the best of two workouts with this interval fusion class combining the cardio benefits of spinning and off the bike resistance work.

Jam Session Take the “work” out of the workout and make this dance class one big Jam Session. Influences of hip hop, old school R&B and pop are all combined for this fun, easy to follow dance class.

Pilates founded by Joseph Pilates in the 1920's, is a system of muscular skeletal exercises. This class is a total body-conditioning workout that emphasizes correct alignment and posture as well as flexibility and torso strengthening exercises. This format is recommended for those with lower back problems and is appropriate for all levels of fitness.

Power Yoga (Formerly Ashtanga Yoga) This is an Ashtanga Yoga based class with powerful and vigorous overtones. This class is great for all levels of fitness.

Spinning Interval is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining complete fitness and health. All participants begin in the same place and successfully complete the journey together.

Vinyasa Yoga This yoga practice uses postures in a flowing manner and connects each posture with a breath. Class is appropriate for all levels.

Zumba fuses hypnotic Latin/International rhythms and movements. These easy to follow moves feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. No prior experience necessary.

Group Fitness Etiquette:

- 1) Please do not enter class if you are more than 10 minutes late.
- 2) Please return all equipment to its proper storage area at the conclusion of class.
- 3) Please refrain from bringing your cell phone into class. Allow yourself time to focus on YOU!
- 4) Please refrain from chewing gum in class.
- 4) Any questions or comments should be directed to Liz Callham, Club Manager, at lcallham@ffc.com.

Visit ffc.com/353fitnesscenter/group-fitness for the most up-to-date schedule!