

January-April 2012

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		0600 -0700 NOFFS		
0930-1030 Zumba Fit	0930 -1015 Wicked XRCise	0930-1030 Zumba Fit	0930 -1015 Wicked XRCise	0930 -1030 Yoga/Pilates
1130-1215 Lunch Time Yoga	1030 -1115 Spin	1030 -1130 Pilates	1030 -1115 Spin	1130-1215 Lunch Time Yoga
1730-1830 Spin	1700-1800 TRX	1730-1830 Spin	1700-1800 TRX	
1800 -1900 Zumba begins Feb 6th	1800-1900 Zumba Fit	1800 -1900 Zumba begins Feb 6th	1800-1900 Zumba Fit	1730-1830 Spin

MWR familyfitness

0945-1030 Sweat-n-Play	0930-1015 Mighty Tots	0945-1030 Sweat-n-Play	0930-1015 Mighty Tots	
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Program Descriptions

NOFFS

This class is guaranteed to wake you up. We have taken a different approach towards fitness by combining all the group exercise classes into an hour of power. Workouts are made up of energetic, explosive and high intensity exercises with the goal of achieving your personal best during each exercise. Every workout is different and exciting. Be prepared to go outside.

Spin

Join this high octane, fun, energetic and challenging ride. Leave all of life's troubles in the Fitness Center parking lot to join the mind and body together for 60 minutes. The class is for all fitness levels, after all it's your ride!

TRX

The TRX Suspension Trainer - The original, portable bodyweight training tool that helps build muscle, increase flexibility and tighten your core.

Wicked XRCise

Challenge your body and work every muscle with this full body workout. Wicked XRCise develops muscular strength and endurance. The class concentrates in shaping and toning your muscles and involves some weights, body bars and bands.

Yoga/Pilates:

Yoga/Pilates classes are suitable for any level practitioners including intermediate level. Classes include breath work and a variation of poses and relaxation. Yoga/Pilates emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient graceful movement.

Zumba Fit

This is a Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive.

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Mighty Tots

Ages: 18 - 24 months. This class is a 45 minute program that allows you to drop your child off while you work-out! We will focus on tumbling, jumping, dancing, large gross motor skills, and balancing. This is also a great opportunity for your little one to build social skills with other children. Please note that you must remain inside the Fitness Center during the class.

Sweat n' Play

Meet us at the Fitness Center and bring your little ones. Sweat n' Play is for parents interested in exercising, with their children under their watchful eye. This class offers an instructional resistance class while your child plays. Sweat n' Play is strength and cardio class all rolled into one. For those of you with lots of responsibility and little time to work out, this is your class! This is also a great prenatal class. Even if you don't have kids to bring, your more than welcome to join us!



*Classes will not be held on American holidays.