



FIFTY-TWO TWENTY

GROUP TRAINING SCHEDULE

JANUARY 2019

MON	TUES	WED	THURS	FRI	SAT
5:30 AM BOOTCAMP *functional fitness Jesse	6:00 AM CARDIO FIT Meg	5:30 AM BOOTCAMP *functional fitness Scotty	6:00 AM STRENGTH FIT Meg	5:30 AM BOOTCAMP *functional fitness (Rotation)	
9:15 AM STRENGTH FIT Ginger	9:00 AM ZUMBA Valerie	9:15 AM BOOTCAMP Clint	9:00 AM ZUMBA Nelly	9:15 AM STRENGTH FIT Ginger	9:00 AM COACH'S CHOICE (Rotation)
	9:30 AM CHAIROBICS *gym Ginger		9:30 AM CHAIROBICS *gym Ginger		
10:00 AM PILATES Ginger	10:00 AM PILATES FUSION Valerie		10:00 AM PILATES FUSION Nelly	10:00 AM 30 MINUTE ABS Ginger	
4:15 PM CARDIO FIT Danya	4:15 PM STRENGTH FIT Meg/Danya		4:15 PM CARDIO FIT Meg		
5:30 PM POUND Valerie	5:30 PM CARDIO FIT Meg	5:00 PM STRENGTH FIT Ginger	5:30 PM CARDIO FIT *functional fitness Meg		
	5:30 PM BOOTCAMP *functional fitness Clint		5:45 PM ZUMBA Sabrina		
	6:20 PM ZUMBA Sabrina	6:00 PM PILATES FUSION Ginger **			

Classes meet in the aerobics room upstairs unless they are marked *functional fitness or *gym area. **Childcare provided

5220 CLASS DESCRIPTIONS

30 MINUTE ABS: A total core workout experience! This trunk focused routine will train your abs and sculpt your core. Modifications, safety and spinal health are all a part of this workout. (30 minutes)

BOOTCAMP: A high-intensity, interval style group training class. This small group training focuses on total body strength and conditioning utilizing barbells, kettle bells, resistance equipment and/or bands focused on short, but intense bootcamp based workouts. Pushing, pulling and squatting included with the help of your coach! (45 minutes)

CARDIO FIT: This class is a "tabata" based class consisting of a warm up, cardiovascular and strength training using a timer for consistency. Abdominal and core strengthening are also included at the end of class using a variety of equipment. (45-60 minutes)

CHAIROBICS: This fun filled 45-minute senior class incorporates exercises from a chair using low impact exercises to build bone density, muscular strength, and flexibility. This class enhances overall fitness and wellness. Some standing balance exercises may be incorporated. (Meets in the gym) (45 minutes)

COACH'S CHOICE: This class offers a variety of classes with a different coach's choice of workout every Saturday! Classes are posted monthly. Come try something new! (45-60 minutes)

PILATES: Exercises that focus of flexibility, balance and coordination as well as improving core strength. Pilates emphasizes postural alignment using mats, balls and/or small hand weights all while maintaining proper form and breathing techniques are incorporated. (45 minutes)

PILATES FUSION: A low intensity blend of flexibility, balance and gentle Pilates techniques infused with stretching and abdominal strengthening exercises ending with positive relaxation exercises. (45 minutes)

POUND: Pound is a full body cardio jam session inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, torch calories and tone while rocking to your favorite music! (45 minutes)

STRENGTH FIT: This class is a total body toning class using a variety of exercise equipment with circuit style group training. This class will tone, strengthen and make your body stronger! (45-60 minutes)

ZUMBA®: A Latin style aerobics class incorporating low and high intensity moves for a calorie burning dance party! Zumba is designed to bring people together to sweat it on! (1hour)

TO BRING JOY & ENDURANCE THROUGH SPORT

May the God of hope fill you with all joy and peace in believing,
so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13 ESV