



# DECEMBER



# GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>2</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
<b>5</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 5:30 Rhythms (Jessica)	<b>6</b> 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>7</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>8</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>9</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
<b>12</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 5:30 Rhythms (Jessica)	<b>13</b> 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>14</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>15</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>16</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
<b>19</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Beginning Yoga (Lisa) 5:30 Rhythms (Jessica)	<b>20</b> 9:00 Bike/Bar (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>21</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>22</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>23</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)
<b>26</b> 9:00 Power Pump (Holly) 10:30 On the Ball (Kat) 5:30 Rhythms (Jessica)	<b>27</b> 9:00 Bike/Bar (Sub) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 12:15 Pilates (Simon) 5:30 20/20/20 (Tia) 6:35 Zumba Tone (Tia)	<b>28</b> 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 5:00 Strength Training (Jeremy) 6:00 Yoga (Lisa)	<b>29</b> 9:00 Cross Training (Taylor) 10:30 Fit for Life (Carol) 12:15 Pilates (Simon) 6:00 Zumba (Tia)	<b>30</b> 9:00 Zone Tone (Holly) 10:30 On the Ball (Kat)

## **AEROBICS CLASS DESCRIPTIONS**

**POWER PUMP** This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands.

**ON THE BALL** This is a low impact, total body workout. Get on the ball to strengthen, stretch, and stabilize your whole body.

**YOGA** For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

**PILATES** This class focuses on alignment, balance, and efficiency through breathing and stabilizing the spine. Enhances core strength.

**FIT FOR LIFE** This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

**KETTLE BELL POTPOURRI** Great strength, core, cardio and total body workout, utilizing kettle bells as the main piece of equipment. Expect to use muscle you have not used before and give your workout a dynamic change.

**KILLER CROSS TRAINING** Not for the faint of heart. Sgt. Taylor pushes you through a mix of exercises, primary cardio and strength. She motivates you to go past your normal comfort zone. Meet at LeConte Wellness Center upstairs. Tissues for crying during class an extra fee.

**TRAINING CLASS** 45 minute class with features of personal training. Learn how to use the equipment in the fitness center and increase strength. (Meets in fitness center)

**POWER CAMP** A class for all levels. Power Camp combines bursts of cardio intervals with strength training. Using all types of equipment, this class will work your whole body.

**BIKE AND BAR** 30 Minutes on the Bike and 30 Minutes in the aerobics room! This class will work on your cardio strength as well as sculpting your body.

**ZONE TONE** 1 Hour workout focusing on working those areas that we usually forget about!

**RHYTHMS** Dance the fat away with a mix of Latin, World, Hip Hop, and Era music, and have fun doing it! It's dance-flavored aerobics that's fun and easy! No experience necessary!

**20 20 20** High intensity cardio workout divided into 20 minute segments.

**ZUMBA** A dance cardio fitness workout to Latin music.

**STRENGTH AND CORE TRAINING** This is a great class for you who are looking to build lean tone muscle or to bulk up while working on your core the foundation of your body in a fast pace circuit style class which will give you a great cardio workout and burn calories.