

Living Well Group Fitness Calendar

January - March 2020



Living Well



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Information
7:00 a.m.	Spin ● 7:00a-7:45a	Spin Fusion ●● 7:00a-7:45a			Spin Fusion ●● 7:00a-7:45a	Living Well Center Open 5am-11pm 7 days per week, including Holidays
11:45 p.m.	Kettlebell ●● 11:45a-12:15p	Pilates ● 11:45a-12:15p	H.I.I.T. ● 11:45a-12:15p	Ab Attack ● 11:45a-12:15p	Kettlebell ●● 11:45a-12:15p	
12:20 p.m.	Recovery 101 ● 12:20p-12:50p	Strictly Strength ● 12:20p-12:50p	Recovery 101 ● 12:20p-12:50p	Strictly Strength ● 12:20p-12:50p	Zumba ● 12:20p-12:50p	Upcoming Events New Year New You Challenge January 13, 2020
4:30 p.m.	Beginners Yoga ● IRC 1003 4:30p-5:20p	Tai Chi ● IRC 1004 4:30p-5:20p	Simple Cardio ● IRC 1003 4:30p-5:00p	Restorative Yoga ● IRC 1004 4:30p-5:20p		Fiber Art 1/10: 11:30am to 1:00pm Marlo Room 1
4:30 p.m.	H.I.I.T. ● 4:30p-5:20p	Spin ● 4:30p-5:20p	Barre Fusion ● 4:30p-5:20p	Strong by Zumba ● 4:30p-5:20p		EAP 1/22: Noon to 1:00pm Resilience 101 Marlo Board Room
5:30 p.m.	Zumba ● 5:30p-6:20p	Bootcamp ●● 5:30p-6:20p	Vinyasa Yoga ● 5:30p-6:20p	Spin ● 5:30p-6:20p		Financial 1/21: 11:30am to 12:30pm Getting Out of Debt Marlo Board Room
6:30 p.m.		Vinyasa Yoga ● 6:30p-7:20p				February Heart Health Month Wear Red on the 7th

Class Guide



Cardio



Strength



Recovery



Mind-Body

Ab Attack	This 30 minute workout gets straight to the CORE of things! Designed strengthen the most desired muscle group with a series of specialized exercises to give you abs of steel!	
Bootcamp	This 50 minute class gets you back to the basics using body weight exercises that will be modified to fit your need. Think squats, jumping jacks, sit-ups, running laps, jump rope and more!	
Barre Fusion	This 50 minute class integrates the fat-burning format of interval training with muscle-shaping movements from Pilates Barre. Our non-impact workout uses both the ballet barre and mat and targets all major muscle groups.	
H.I.I.T.	This 30 minutes class stands for high intensity interval training. Prepare to get your heart rate up using a variety of different exercises working in constant intervals.	
Kettlebell	This 30 minute class is different from other forms of weight training because it works multiple muscle groups at once while raising the heart rate for an effective cardiovascular training session.	
Pilates	This 30 minute class focuses on strengthening and stretching the core, hips, back and spine. Most moves will be done on the floor. Pilates uses resistance movements and the use of different poses and postures to get an isometric workout.	
Restorative Yoga	Time to wind down and de-stress with Yoga. Yoga has been practiced for thousands of years to increase general health, reduce stress, improve flexibility, increase muscle strength, and alleviate certain physical symptoms	
Recovery 101	This 30 minute class will teach you how help your body recover from every day wear and tear through stretching and self-myofascial release.	
Simple Cardio	This 30 minute class is ideal for anyone new to fitness, have rehabilitation needs, or for a mature soul with a young heart. Achieve weight loss, increase your energy levels, improve flexibility, and range of motion through slower and safer movements.	
Spin Fusion	Take 25 minutes of spin and add 25 minutes of strength training and you get 50 minutes of Spin Fusion. This is a 50/50 class of cardio and circuit training; it kills two birds with one stone! *Space is limited.	
Spin	This 50 minute cardio class is all on the bike. Riders are shown how to work hard as they are led through a series of rolling hills, sprints, jumps and tempo rides of all resistance and speeds. *Space is limited.	
Strictly Strength	Strictly strength training is a 30 minute class to develop muscular endurance by using super sets, tempo training and other resistance training principles. A slower pace but terrific results.	
Strong by Zumba	This 50 minute class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like <i>high knees</i> , <i>burpees</i> , and <i>jumping jacks</i> are interchanged with isometric moves like <i>lunges</i> , <i>squats</i> , and <i>kickboxing</i> .	
Tai Chi	Tai Chi involves slowly moving through a series of slow and controlled motions without pausing; with the focus on linking the breath with your movements with little impact on the joints.	
Vinyasa Yoga	This 50 minute class is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using the breath and generates heat and can add a cardiovascular component.	
Zumba	This exciting dance party is full of Latin and international inspiration. The fun and effective use of interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms.	