

## Group X Classes

MON	TUE	WED	THU	FRI	SAT	SUN
5:30a -6:30a CCAC Pump Amber		5:15a-6:15a Yoga Karen	5:30a-6:00a Core/Spin Amber			
8:30a-9:30a Boot Camp Kris	8:30a-9:30a Zumba Maria	8:30a-9:30a Step Interval Janet	8:30a-9:30a Zumba Jenny	8:30a-9:30a Step Interval Janet	8:30a-9:30a Zumba Jenny	8:30a-9:30a Dancing on the Step Patti
9:30a-10:30a Yoga Jennifer	9:30a-10:30a Total Body Barre Sheree	9:30a-10:30a Body Sculpting Janet	9:30a-10:30a Step/Kick Robert	9:30a-10:30a Boot Camp Kris	9:30a-10:30a Yoga Karen	9:30a-10:30a CCAC Pump (Inst. Varies)
10:30a-11:30a Fit Forever Robyne	10:30a-11:15a Fit Forever Patti	10:30a-11:30a Sneakers* CardioFit (Inst. Varies)	10:30a-11:15a Fit Forever Patti	10:30a-11:30a Fit Forever Robyne	10:30a-11:30a Step Interval Karen	10:30a-11:30a Stretch Pilates Sheree
	11:15a-12:15a Sneakers* Classic Patti		11:15a-12:15a Sneakers* Classic Patti	11:30a-12:30p Yoga Jennifer		
12:15p-1:00p Power Step+Sculpt Patti						
4:00p-4:30p Dance Sheree						
4:30p-5:30p Cardio Barre Sheree	4:30p-5:30p Boot Camp Robert	4:30p-5:30p Kickbox Fusion Robert	4:30p-5:30p Barre Sheree	4:50p-5:20p HIIT Express Laura		
5:30p-6:30p Zumba Eric	5:30p-6:30p HIIT* Laura	5:30p-6:30p CCAC Pump Laura	5:30p-6:30p Pilates Sheree	5:30p-6:30p CCAC Pump Laura		5:00p-6:00p Yoga Karen
6:30p-7:30p Yoga Karen	6:30p-7:30p Multiple Step Robyne	6:30p-7:30p Yoga Karen				

# Group X Class Descriptions

## **Barre**

## **Cardio Barre**

## **CCAC Pump**

Fast paced weight training in a high energy dance-music filled hour.

## **Core/Spin**

## **Boot Camp**

Interval training class combining bursts of cardio and plyometric drills with strength training. This is a total body workout and a great way to get your cardio and weight training done in one hour. This class is appropriate for all fitness levels.

## **Dancing on the Step**

Fifty minutes of dance inspired cardio-workout using the step then followed by abs and toning exercises.

## **Fit Forever**

45 minutes of low impact movement for older adults or anyone looking for a light workout designed to improve cardiovascular fitness, muscle tone, flexibility, coordination, and agility.

## **HIIT© (High Intensity Interval Training)**

This class is high intensity interval training (HIIT) which participants can modify to their own fitness level. You will get a total body workout plus cardio.

HIIT© Express (High Intensity Interval Training, 30 min)

This class is high intensity interval training (HIIT) which participants can modify to their own fitness level. You will get a total body workout plus cardio. You will get a total body workout plus cardio in this 30 min class.

## **Kickbox Fusion**

Thirty minutes of cardio-kickboxing and 30 minutes of body sculpting using weights, resistance training and core strengthening.

## **Multiple Step**

Step aerobics class using more than one step per person with complex moves.

## **Pilates**

This class combines the Pilates principles with mat, free weight exercises and Physio Ball movement. You'll lengthen, strengthen and flatten your abdominals, while toning and shaping your arms.

## **SilverSneakers®\* Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

## **SilverSneakers®\* CardioFit**

Get up and go with an aerobics class that is safe, heart-healthy and gentle on the joints. SilverSneakers CardioFit includes easy-to-follow low-impact aerobic movement, upper-body strength-work, abdominal conditioning, stretching and relaxation exercises.

\*SilverSneakers® group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary or new to exercise, and for all those who enjoy a positive, upbeat social environment.

## **Step Interval**

A combination of step alternating with muscle toning (weights, ball or elastic bands, body bars): includes abdominal work.

## **Step Kick**

## **Stretch Pilates**

## **Total Body Barre**

## **Water Aerobics**

A wet and wild workout for the whole cardio system in the CCAC exclusive heated outdoor pool. Meets at pool. (This class is seasonal and meets during summer.)

## **Yoga**

This class will help you develop strength, flexibility, balance and a more focused approach to breathing.

## **Zumba®**

The Zumba® fuses Latin rhythms and easy-to-follow moves to create an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## AC/Cycle Classes

MON	TUE	WED	THU	FRI	SAT	SUN
	5:30a-6:30a AC/Cycle Amber		6:00a-6:30a AC/Cycle Amber	5:30a-6:30a AC/Cycle Desiree		
8:30a-9:30a AC/Cycle Desiree	8:00a-8:45a AC/Cycle Linda	8:30a-9:15a AC/Cycle Barbara	8:30a-9:30a AC/Cycle Robert	8:30a-9:30a AC/Cycle Desiree	8:30a-9:30a AC/Cycle Lindsey  9:45a-10:45a AC/Cycle Robert	8:30a-9:30a AC/Cycle Karen
4:30p-5:15p AC/Cycle Robert	4:30p-5:30p AC/Cycle Barbara	4:30p-5:30p AC/Cycle Katie		4:30p-5:30p AC/Cycle Karen		
5:30p-6:30p AC/Cycle Robert	5:30p-6:30p AC/Cycle Robert	6:00p-7:00p AC/Cycle Amber				

### AC/CYCLE CLASS PASS

1. You must have a Class Pass.
2. Passes are available at the Front Desk 30 minutes prior to class.
3. Only 1 pass person.
4. Instructor will collect your Class Pass at the beginning of class.

### AC/CYCLEROOM RULES

1. Please arrive early, we recommend 10-15 minutes.
2. No one is allowed in the room prior to the instructor arrival.
3. Bikes are not allowed to be saved for any rider not present prior to the start of class.
4. Please bring a towel and water bottles to each class – No open containers.
5. Riders are required to wipe down bikes after each class.
6. If it is your first class, please arrive early so the instructor can fit you properly on the bike.

## Water Aerobics - 2/1/2017

MON	TUE	WED	THU	FRI	SAT	SUN
		5:30p-6:30p Water Aerobics Robert			11:00a-12:00p Water Aerobics Robert	