



Fitness and Recreation Center

April 2018 Group Exercise

GROUP EXERCISE CLASS DESCRIPTIONS

ACCELERATE- is a mix of weights and cardio including Boot camp, HIIT, Tabata, running & ropes workouts for complete

CARDIO COMBO-Combination that include various cardio moves, toning, weights, abs & stretch! (formally called Power Pump)

DEEP WATER AEROBICS-Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout

INDOOR CYCLE-Instructor will lead you the class in different variations and drills on the bikes. The class is limited to 14 participants.

POWER PUMP- is a group weight workout. The class is limited to the first 19 participants. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. Total Body Workout . Power Pump will meet in the Group Ex Room

SPARTAN- Official training program of the Spartan Race. You will run, jump and use your bodies and equipment to train your mind and body. (You do not have to be a Spartan Racer to participate)

Tone & Stretch-a combo class that may include, exer tubes. Dumbbells, Barbells, body weight exercises and stretch.

WATER AEROBICS-Cardio and Strength moves performed in shallow water for a low impact workout.

YOGA -These classes will meet in the East Wing Room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred "shoe". Yoga mats will be available to use during class.

ZUMBA®-This class combines Latin Dance moves Salsa, Merengue, Reggaeton, Cumbia and fitness moves with upbeat music!

All classes will be multi-level! All classes can be adjusted to your fitness level!

Inclement Weather: Please call the Fitness Recreation Center one hour prior to Class start for possible changes.

304-325-5707

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SUN	MON	TUES	WED	THU	FRI	SAT
1 Happy Easter Fitness Center is Closed Today	2 6a Spartan (gym) 8:45a Cardio Combo 9:00a No Yoga Today 10:00a Water Aerobics 5:30p Accelerate (gym)	3 6:00a Indoor Cycle 9:00a Yoga 5:15 p Power Pump 6:15p ZUMBA 6:15p Yoga	4 8:45a Tone & Stretch 10:00a Water Aerobics 5:30p Accelerate (gym) 6:15p Indoor Cycle	5 9:00a Yoga 5:15p Power Pump 6:15p ZUMBA 6:15 Spartan (gym) 6:15p Yoga	6 6:00a Indoor Cycle 8:45a Cardio Combo 9:00a Yoga 10:00a Water Aerobics	7 No Power Pump Today
8 New Classes for April are shown in BLUE!	9 6a Spartan (gym) 8:45a Cardio Combo 9:00a Yoga 5:30p Accelerate (gym) 6:15 p Yoga	10 6:00a Indoor Cycle 9:00a Yoga 5:15 p Power Pump 6:15p ZUMBA 6:15p Yoga	11 8:45a Power Pump 10:00a Water Aerobics 5:30p Accelerate (gym) 6:15p Indoor Cycle	12 9:00a Yoga 5:15p Power Pump 6:15p ZUMBA 6:15 Spartan (gym) 6:15p Yoga	13 6:00a Indoor Cycle 8:45a Cardio Combo 9:00a Yoga 10:00a Water Aerobics	14 9:00a Power Pump
15	16 6a Spartan (gym) 8:45a Cardio Combo 9:00a Yoga 5:30p Accelerate (gym) 6:15 p Yoga	17 6:00a Indoor Cycle 9:00a Yoga 5:15 p Power Pump 6:15p ZUMBA 6:15p Yoga	18 8:45a Power Pump 10:00a Water Aerobics 5:30p Accelerate (gym) 6:15p Indoor Cycle	19 9:00a Yoga 5:15p Power Pump 6:15p ZUMBA 6:15 Spartan (gym) 6:15p Yoga	20 6:00a Indoor Cycle 8:45a Cardio Combo 9:00a Yoga 10:00a Water Aerobics	21 9:00a Power Pump
22	23 6a Spartan (gym) 8:45a Cardio Combo 9:00a Yoga ?? 5:30p Accelerate (gym) 6:15 p Yoga	24 6:00a Indoor Cycle 9:00a Yoga 5:15p Power Pump 6:15p ZUMBA 6:15p Yoga	25 8:45a Power Pump 10:00a Water Aerobics 5:30 Accelerate (gym) 6:15p Indoor Cycle	26 9:00a Yoga 5:15p Power Pump 6:15p ZUMBA 6:15 Spartan (gym) 6:15p Yoga	27 6:00a Indoor Cycle 8:45a Cardio Combo 9:00a Yoga 10:00a Water Aerobics	28 9:00a Power Pump
29	30 6a Spartan (gym) 8:45a Cardio Combo 9:00a Yoga 5:30p Accelerate (gym) 6:15 p Yoga					