



Fitness and Recreation Center March 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

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

TONE & STRETCH-Class includes warm up, Light weight and exer bands toning, Abs and Stretches!

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, and Cumbia. The class is an upbeat class for all ages.

All classes will be multi-level classes. 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

SUN	MON	TUES	WED	THU	FRI	SAT
Yoga Classes will meet in the East Wing Accelerate will meet in the gymnasium	Other classes will be meet in the Group Ex Room	* Denotes Time Change, New room or New Class		1 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 7:00p Yoga	2 9:00a Yoga 10:00a Water Aerobics	3 8:00a Power Pump
4	5 8:45a Cardio Combo 9:00a Yoga * 10:00a Water Aerobics 10:00a Silver Sneakers 5:30p Accelerate 6:15p Yoga*	6 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p ZUMBA 6:15p Yoga	7 8:45a Tone & Stretch* 10:00a Water Aerobics 5:30p Accelerate	8 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p Yoga *	9 8:45a Cardio Combo* 9:00a Yoga 10:00a Water Aerobics	10 9:00a Power Pump*
11	12 8:45a Cardio Combo 9:00a Yoga * 10:00a Water Aerobics 10:00a Silver Sneakers 5:30p Accelerate 6:15p Yoga*	13 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p ZUMBA 6:15p Yoga	14 8:45a Tone & Stretch * 10:00a Water Aerobics 5:30p Accelerate	15 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p Yoga *	16 8:45a Cardio Combo* 9:00a Yoga 10:00a Water Aerobics	17 9:00a Power Pump*
18	19 8:45a Cardio Combo 9:00a Yoga * 10:00a Water Aerobics 10:00a Silver Sneakers 5:30p Accelerate 6:15p Yoga*	20 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p ZUMBA 6:15p Yoga	21 8:45a Tone & Stretch* 10:00a Water Aerobics 5:30p Accelerate	22 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p Yoga *	23 8:45a Cardio Combo* 9:00a Yoga 10:00a Water Aerobics	24 9:00a Power Pump*
25	26 8:45a Cardio Combo 9:00a Yoga * 10:00a Water Aerobics 10:00a Silver Sneakers 5:30p Accelerate 6:15p Yoga*	27 9:00s Yoga 10:00s Deep Water 5:15p Power Pump 6:15p ZUMBA 6:15p Yoga	28 8:45a Tone & Stretch* 10:00a Water Aerobics 5:30p Accelerate	29 9:00a Yoga 10:00a Deep Water 5:15p Power Pump 6:15p Yoga *	30 8:45a Cardio Combo* 9:00a Yoga 10:00a Water Aerobics	31 9:00a Power Pump*