



Champions Group Fitness Schedule

November 2018

***Group Cycle (45-60 min):** Take the ride of your life; dim lights, great music and a private atmosphere sets the stage for our Cycling classes. Jumping, sprinting, jogging, hovering... sound like fun? Our instructors will lead you on a fun, motivated and energetic ride while still being appropriate for all fitness levels and all ages.

Pedal N Pump is cross between Cycling Class and Circuit Challenge.

Morning Flow: This gentle yoga will help you relax, stretch and make the mind body connection you are looking for. Done at your own level with modifications.

Yoga For Athletes: (1 hr.) Yoga with an athletic intensity

Shape and Sculpt (45 min): Maximize the sculpting effect. Increase strength, endurance and flexibility using your own resistance. See the results 45 minutes can give you.

Body Fit (1 hr): Get an all over body workout with this class. Cardio using the step, weights, Body Bars, plyometrics, intervals and more.

SilverSneakers® : Classic (45 min): 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 offered for resistance, and a chair is used for seated and/or standing support.

Circuit Challenge (1 hr): Bring your body to the next level with this circuit class. Little to no resting, heart rate stays at a cardio vascular level. Workout while incorporating weights and plyometrics. Take your workouts from "Good" to "Great".

Instructor's Choice (45min): This class is 45 minutes of different class formats. It could be a circuit class, cardio, weights, intervals or even bootcamp. Get a great over all workout and something different every week.

Kickboxing (45 min): Feel Empowered! You will learn how to kick and punch your way to lower body fat, leaner, stronger and more defined muscles. Using our self standing kickboxing bags your instructor will lead you through a workout that you will love and keep you coming back for more.

PiYo (45 min) Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Sets & Reps (1 hr): Warm up, stretch and enjoy this weight lifting class using bars, plates and dumbbells in a group setting.

Wellness Center Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM						
6:00 AM						Group Cycle Carol
9:00 AM	Group Cycle Karen		Group Cycle Karen		Group Cycle Carol	Group Cycle Kate
5:30 PM	Group Cycle Sasha	Group Cycle Jeannine				

Group Fitness Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 AM	Shape and Sculpt Mary Lou		Shape and Sculpt Mary Lou		Instructor's Choice Lisa	
9:00 AM	PiYo Lisa	Body Fit Karen		Body Fit MaryLou	PiYo Lisa	
10:00 AM	Silver Sneakers Cynthia	Morning Flow Kim	Silver Sneakers Lisa	Morning Flow Kim	Silver Sneakers Lisa	
4:15 PM		Sets & Reps Lisa		Sets & Reps Lisa		
5:30 PM	Yoga For Athletes Kim	Kickboxing Gayle	Pedal N Pump Lisa	Yoga Lisa D.		

*Group Cycling Classes included in your membership, \$10.00 Non-Members
\$5.00 sign up fee for next class for late cancellations (2 hours) and No Shows
All classes are subject to cancellation due to lack of attendance.*