

GROUP EXERCISE SUMMER SESSION I

SCHEDULE / MAY 28 - JULY 5

COLOR KEY: **MCCOMAS** **WAR MEMORIAL**

MONDAY

8:00-8:45am

PILATES

Julia S. • Studio B

12:15-1:00pm

BOOT CAMP

Sara B. • War Dance Room

12:15-1:15pm

VINYASA YOGA

Amy E. • War Gymnastics Room

5:30-6:00pm

HIIT CYCLE

Sara B. • Spin City

6:15-7:00pm

TOTAL BODY STRENGTH

Jenna E. • Studio A

TUESDAY

8:00-8:45am

CYCLE

Julia S. • Spin City

12:15-1:00pm

BODYPUMP™ 45

Becky E. • War Dance Room

12:15-1:15pm

YOGA FLOW

Alyssa G. • War Gymnastics Room

5:30-6:30pm

20/20/20

Sara B. • Studio A

6:00-7:00pm

CARDIO DANCE

Charlotte H. • Studio B

WEDNESDAY

8:00-8:45am

PILATES

Julia S. • Studio B

12:15-1:00pm

BOOT CAMP

Sara B. • War Dance Room

12:15-1:15pm

YOGA FLOW

Alyssa G. • War Gymnastics Room

5:30-6:00pm

HIIT CYCLE

Sara B. • Spin City

6:15-7:00pm

TOTAL BODY STRENGTH

Sara B. • Studio A

THURSDAY

8:00-8:45am

CYCLE

Julia S. • Spin City

12:15-1:00pm

BODYPUMP™ 45

Becky E. • War Dance Room

12:15-1:15pm

VINYASA YOGA

Catherine C. • War Gymnastics Room

5:30-6:30pm

20/20/20

Elly H. • Studio A

5:30-6:30pm

DEEP WATER FITNESS

Charlotte H. • War Pool

CLASS DESCRIPTIONS

20/20/20 is a 20-minute cardio segment, followed by a 20-minute strength segment and 20-minute core segment, for a fast-paced workout! Expect medium choreography and lots of variety!

BOOT CAMP is a challenging workout that uses a variety of cardio, strength training, plyometrics, TABATA training, circuits, stations, calisthenics, and bodyweight exercises to create the ultimate total body workout.

DEEP WATER FITNESS is a high-energy aqua class with low impact moves. Deep Water Fitness uses the pool to get a great workout without having to swim laps. Tread water, do drills, and use water weights to work your body and gain more muscular endurance and strength. This class is challenging, but accommodating for all fitness levels!

HIIT CYCLE Instructors will lead you through this 30 minute high intensity spin interval training class under the black lights in Spin City! In this class you will sprint faster on a bike than you ever have before and will be dripping sweat from beginning till end.

PILATES will help focus on your spine while strengthening your core. Build strength, flexibility, stability, balance, and coordination with mat series, stretching, and other exercises in this class!

VINYASA YOGA is a beginner class that introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration.

TOTAL BODY STRENGTH Challenge yourself to this workout that incorporates free weights, plyometrics, and an assortment of equipment for a unique combination of exercises and drills to strengthen and tone your full body. This class is similar to BODYPUMP in that it is a total body workout with high reps and low weights; but, each class is a surprise filled with new exercises that you won't expect coming! This class is sure to get your heart racing while strengthening your entire body!