

GROUP EXERCISE SUMMER SESSION I

SCHEDULE / MAY 21 - JUNE 28

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

MONDAY

12:15-1:15pm

VINYASA YOGA

Amy E · War Gymnastics Room

5:30-6:15pm

BODYPUMP™

Nicole O · Studio A

6:15-7:15pm

VINYASA YOGA

Kellie K · Studio B

TUESDAY

8:00-8:45am

BODYPUMP™

Grace D · Studio A

12:15-1:00pm

BOOT CAMP

Emily G · War Dance Room

12:15-1:15pm

PILATES

Ashlin J · War Gymnastics Room

12:30-1:15pm

BODYPUMP™

Jessica D · Studio A

6:30-7:15pm

ZUMBA

Likhitha U · Studio B

WEDNESDAY

12:15-1:15pm

POWER YOGA

Shelly R · War Gymnastics Room

5:30-6:15pm

BODYPUMP™

Kellie K · Studio A

6:15-6:45pm

CXWORX™

Kellie K · Studio A

THURSDAY

12:15-1:00pm

BODYPUMP™

Jessica D · War Dance Room

12:15-1:15pm

VINYASA YOGA

Cathy C · War Gymnastics Room

5:15-6:00pm

ZUMBA

Likhitha U · Studio B

6:00-6:45pm

BODYPUMP™

Nicole O · Studio A

CLASS DESCRIPTIONS

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts.

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.

CXWORX™ is a 30-minute core workout that uses resistance tubes, weight plates, and body weight exercises (like crunches and hovers). It also includes some hip, butt, and lower back exercises.

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

YOGA is a class that aids with getting in touch with your mind and body! Focus on stretching out your body and mastering poses in this 60-minute workout. Instructors will help you realign your mind and work your body all at the same time.

ZUMBA is the original dance-fitness party that features exotic rhythms set mostly to Latin and international beats. It's easy to do, effective and totally exhilarating!