

# MCLAREN FITNESS

## December 2017

### GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NO CLASSES</b> <b>12/25</b> <b>Cycling</b> Kristy 12/11 Annie 12/4,12/18 5:30-6:30a ----- <b>Cardio Fuse</b> Judi 8:15-9:15a 12/4 Zumba step/sculpt 12/11 step/sculpt 12/18 Zumba/Sentao 12/25 No class ----- <b>Silver Sneakers</b> <b>Yoga</b> Judi 10:15-11:15a ----- <b>Sculpt Fusion</b> Judi 4:15-5:15p 12/4 Zumba toning 12/11 body sculpt 12/18 Zumba toning 12/25 No class ----- <b>Step/Sculpt</b> Cindy 5:30-6:30p ----- <b>PM Pedal Power</b> Catherine 5:30-6:15p ----- <b>Yoga/Pilates</b> Catherine 6:30-7:15p	<b>Rip &amp; Ride</b> Kristy 5:30-6:30a <b>NO CLASS 12/26</b> ----- <b>CSI</b> Judi 8:45-9:45a <b>NO CLASS 12/26</b> ----- <b>Silver Sneakers</b> <b>Classic</b> Judi 10:15-11:15a <b>NO CLASS 12/26</b> ----- <b>Lunch Crunch</b> <b>Cycle</b> Barb 12:15-1:00p <b>NO CLASS</b> <b>12/12and 12/26</b> ----- <b>Booty Crunch</b> Barb 5:30-6:15p <b>NO CLASS 12/26</b> ----- <b>Aikido</b> Scott 6:30-7:45p ----- <b>Cycling</b> Laura 6:30-7:30p <b>NO CLASS 12/26</b>	<b>Step Fuse</b> Judi 8:15-9:15a ----- <b>Mid-Morning</b> <b>Ride</b> Kristy 8:15-9:00a ----- <b>Silver Sneakers</b> <b>Yoga</b> Paula 10:15-11:15a ----- <b>CM Ride</b> Paula 12:15-12:45p ----- <b>Body Sculpt</b> Catherine 4:30-5:15p ----- <b>Step/Sculpt</b> Cindy 5:30-6:30p ----- <b>PM Pedal Power</b> Catherine 6:30-7:15p	<b>Cycling</b> Annie 5:30-6:30a ----- <b>Cardio Fusion</b> Judi 5:30-6:30a 12/7 Zumba toning 12/14 CSI 12/21 body sculpt 12/28 Strong by Zumba ----- <b>Body Sculpt</b> Kristy 8:15-9:15a ----- <b>Silver Sneakers</b> <b>Classic</b> Judi 10:15-11:15a ----- <b>Lunch Crunch</b> <b>Cycle</b> Jennifer 12:15-1:00p ----- <b>Cycling</b> Barb 5:30-6:15p <b>NO CLASS 12/21</b> ----- <b>Zumba</b> Judi 5:30-6:30p	<b>Cycle &amp; Core</b> Kristy 5:30-6:30a ----- <b>CardioFuse</b> Kristy 8:15-9:15a -----	<b>December 2nd</b> <b>Yoga/Pilates</b> Catherine 8:15-9:15a <b>Cycling</b> Catherine 9:30-10:30a <b>Kids Aikido</b> Brian 10:00-11:00a <b>Aikido</b> Brian 11:00-12:00p ----- <b>December 9th</b> <b>Body Sculpt</b> Kristy 8:15-9:15a <b>Cycling</b> Kristy 9:30 -10:30a <b>Kids Aikido</b> Brian 10:00-11:00a <b>Aikido</b> Brian 11:00-12:00p ----- <b>December 16th</b> <b>Buti Crunch</b> Barb 8:15-9:00a <b>Cycling</b> Barb 9:15-10:00a <b>Kids Aikido</b> Brian 10:00-11:00a <b>Aikido</b> Brian 11:00-12:00p ----- <b>December 23rd</b> <b>NO CLASSES</b> ----- <b>December 30th</b> <b>NO CLASS</b> 8:15-9:15a <b>Cycling</b> <b>NO CLASS</b> 9:30-10:30a <b>Kids Aikido</b> Brian 10:00-11:00a <b>Aikido</b> Brian 11:00-12:00p

## FEES

### **Specialty Classes**

All Members: \$3.00/class  
Nonmembers: \$8.00/class  
Senior Nonmembers: \$5.00/class  
Nonmember Punch card: 12 for \$84.00

### **Signature Classes:**

All Members: Free  
Nonmember: \$5.00/class  
Senior Nonmembers: \$3.00/class  
Nonmember Punch card: 10 Sessions(Adult): \$40.00

## **Class Descriptions:**

**Aikido:** A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. **Moderate.**

**Kids Aikido:** Basic self-defense techniques are taught we teach them to falling properly, do front rolls, back rolls, how to take a hard fall safely and stretching. Minimum age is 8.

**Body Sculpt:** A total-body workout designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, physioballs, and dumbbells. **All Levels**

**Booty Crunch:** A mixture of body movement and dynamic moves using mostly your body and with no or very little product. Working deep core and glutes engaging in various movements. A little shaking and dancing involved to empower the cardio workout and mind. Always evolving and each class changes and is different and unique in its own way.

**CardioFuse:** A good mix of CardioKickboxing, Sentao, TurboKick, OR Step and sculpting! The first half is Kickboxing, Sentao, Turbokick, OR step...just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing, Sentao, TurboKick, and Step. **Moderate**

**CM Ride:** Ride at your own intensity level within the structure of a class. This half hour long ride will improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! ***Set to Christian music.* All Levels. FREE to members.**

**CSI (Cardio Strength Interval):** High Intensity Interval Training (HIIT) using various exercise materials for both cardio and strength. A great class to improve endurance! Be prepared to sweat! **Advanced**

**Mid-Morning and Lunch Crunch:** Only 45 minutes, ride at your own intensity level to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance. **All Levels**

**Muscle Up!:** Build muscle and boost your metabolism! This 60 minute strength class targets the entire body increasing your muscle tone. Class participants use free weights and their own body weight. **All Levels**

**Sculpt Fusion:** This class is a menagerie of all kinds of sculpting options: Zumba Toning, Body Sculpt, or Zumba Sentao. Each week, classes will alternate between all three types of classes. **All Levels**

**SilverSneakers Yoga:** Offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity. Benefits: Yoga increases flexibility, strength, balance, and helps you relax. **Beginner**

**SilverSneakers Classic:** is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace. Benefits: this class improves overall strength, flexibility, posture, and balance. **Beginner**

**StepFuse:** A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various materials. **Moderate**

**Step/Sculpt:** Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity **levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Moderate/Advanced.**

**Stretch & Strength:** A faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. Great for core strength, balance, and flexibility. **All Levels**

**Rip & Ride:** This class is a great combination of Cycling and Sculpting! The first 30 min will be cycling, and the second 30 min will be sculpting. So if you want a little bit of everything in one class, this one's for you! **All Levels**

**P.M Pedal Power and Cycling:** Because you are riding your own individual bike, you are able to ride at your own intensity level within the structure of the class. Come to experience an hour long ride to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! **All Levels.**

**Zumba:** a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. **All Levels**

**Zumba Gold:** This class is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that many need modifications for success. **Beginner**

**Zumba Sentao:** combines strength and resistance training with Latin dance moves, all centered around a chair. It is a combination of cardio, toning, and core strengthening. The choreography can be modified and adapted for all fitness levels. **All Levels**

**Zumba Toning:** takes the original Zumba dance-fitness class to the next level with the addition of light weight toning sticks or dumbbells. It was created to emphasize muscle work along with rhythms. **All Levels**