

MCLAREN FITNESS

GROUP EXERCISE SCHEDULE

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt 3/9 and 3/23 Step Interval 3/2, 3/16 and 3/30 Kristy 8:15-9:00a ----- 45 min Cycle Olivia 6:30-7:15a ----- Silver Sneakers Yoga Barb 10:15-11:15a ----- Body Sculpt Catherine 4:30-5:15p NO CLASS 3/9 ----- Intro to Step Aerobics Cindy 5:30-6:30p ----- PM Pedal Power Catherine 5:30-6:15p NO CLASS 3/9	Rip & Ride 3/3, 3/17 and 3/31 CSI 3/10 and 3/24 Kristy 5:30-6:30a ----- Silver Sneakers Classic Kenny 10:15-11:15a ----- 1hr Cycling Micah 5:00-6:00p ----- Booty & Body Sculpt Barb 5:30-6:15p	Rip & Ride Kristy 7:45-8:45a ----- Silver Sneakers Yoga Paula 10:15-11:15a ----- All In Yoga Hannah 12:00-1:00p ----- Lunch break Cycle Paula 12:15-12:45p NO CLASS 3/11 ----- Body Sculpt Catherine 4:30-5:15p NO CLASS 3/11 ----- Step/Sculpt Cindy 5:30-6:30p ----- PM Pedal Power Catherine 5:30-6:15p NO CLASS 3/11	1hr Cycling Annie 5:30-6:30a NO CLASS 3/26 ----- Body Sculpt Kristy 8:15-9:00a ----- Silver Sneakers Classic Kenny 10:15-11:15a ----- 1hr Cycling Barb 5:30-6:30p ----- Zumba Angie 5:30-6:30p	Cycle & Core Kristy 5:30-6:30a ----- Cardio Fuse Kristy 8:15-9:15a NO CLASS 3/13	March 7th Booty & Body Sculpt Barb 8:15-9:00a ----- 45 Min Cycle Barb 9:15-10:00a ----- March 14th Zumba/Zumba Toning Angie 8:15-9:15a ----- March 21st HIIT Paula 8:15-9:00 ----- 45 Min Cycle Olivia 9:15-10:00a ----- March 28th Step Interval Kristy 8:15-9:00a ----- 1hr Cycle Kristy 9:15-10:15a

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 on the back

Signature Classes (FREE to Members):

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

Booty and Body Sculpt: 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**

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**

CSI (Cycle Strength Interval): an interval class intended to challenge your strength and endurance. This 60-minute class is split into three 20-minute intervals: 20 mins of Cycling, 20 mins of muscular strength/endurance, and 20 mins of Cycling. If you're looking to push your stamina, this class is for you!

HIIT: High intensity interval training is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. **Moderate/Advanced**

Intro to Step Aerobics: This class is for all levels from beginner to advance with easy to follow step moves and body sculpting.

Lunch break Cycle: 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! Music with a positive message. **ALL Levels**

P.M Pedal Power/45min Cycle: 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 a 45min ride to improve cycling techniques, improve focus, and increase stamina and cardiovascular endurance! The ride is YOURS! **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. Therefore, if you want a little bit of everything in one class, this one is for you! **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**

Step Interval: 45 minute cardiovascular and muscular endurance class alternating between a step and sculpting. This class will use the step and various exercise materials. Experience and inexperienced "steppers" will get a great total-body workout. **ALL Levels**

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

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/Zumba Step: 30 minutes Zumba® /30 minutes Zumba® step Zumba® where we take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba® Step combines the awesome toning and strengthening power of Step aerobics, with the fun-fitness party that only Zumba® brings to the dance-floor.

Zumba//Zumba Toning: 30 minutes combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused moves to create a total body strength workout. 30 minutes combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class

Specialty Classes:

1 hr 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.**

All In Yoga: All In(cluded) yoga wants you! In this class, everyone is welcomed as we explore the foundation of yoga in a way that both excites and challenges the body. Yoga sequences that are accessible for all bodies and ages will be featured in this class along with use of blocks, straps, and bolsters to ensure comfort and safety. This class will leave you feeling calm, strong, and empowered.