

MOREY COURTS FITNESS

GROUP EXERCISE SCHEDULE

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt Catherine 4:30-5:15p ----- Kettlebell Paula 5:30-6:15p mezzanine NO CLASS 10/26 ----- Zumba Jenifer 5:30-6:30p Starts 10/19	HIIT Olivia 7:45-8:30a ----- Zumba Noelle 9:00-9:45a ----- Senior Yoga Barb 9:15-10:00a mezzanine ----- Total Body Blast Barb 4:15-5:00p ----- STRONG 30 Paula 5:15-6:00p Mezzanine NO CLASS 10/27 ----- Muscle Up Cindy 5:30-6:15p ----- -	45 min Cycle Olivia 6:00-6:45a ----- Total Body Blast Kenz 7:45-8:45a ----- Body Sculpt Catherine 4:30-5:15p ----- PM Pedal Power Catherine 5:30-6:15p mezzanine ----- Step/Sculpt Cindy 5:30-6:30p	HIIT Olivia 7:45-8:30a ----- Senior Fitness Barb 9:15-10:00a mezzanine ----- Zumba Angie 5:30-6:30p ----- Cycling Barb 5:30-6:15p mezzanine	Total Body Blast Kenz 7:45-8:45a NO CLASS 10/23 ----- Yoga/Pilates Catherine 9:00-9:45a NO CLASS 10/23	October 17th HIIT Olivia 8:30-9:15a ----- 45 min Cycle Olivia 9:30-10:15a ----- October 24th NO CLASS ----- October 31st Zumba/Zumba Step Angie 8:15-9:15a ----- 45 min Cycle Catherine 10:00-10:45a

Class descriptions on back

FEEES

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

Signature Classes: (Free to Members)

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*

Kettlebell: A Kettlebell is a traditional Russian cast iron weight that resembles a cannonball with a handle. This class will incorporate a variety of exercises to enhance one's muscular and cardiovascular fitness. You will be carefully transitioned and instructed on how to perform each exercise. *All Levels*

Muscle Up: A total-body workout, weights mixed with cardiovascular intervals. *All levels*

Pilates: 45 minute beginner/intermediate classical style Pilates, essential for building core strength and correcting body imbalances.

Senior Fitness Yoga or Circuit : Have fun while staying active! Designed with the senior in mind, all aspects of physical fitness are incorporated in order to keep you at your best so you can keep doing the things that you enjoy! **ALL FITNESS LEVELS**

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. Look for this class on Saturdays, too! *Moderate/Advanced*

STRONG by Zumba/STRONG 30: is a HIIT style class that combines body weight, muscle condition, cardio and plyometric training moved synced to music that has been specifically designed to match every single move. This half hour or one hour class will help you burn calories while also toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Please bring your own yoga mat and some water for this sweat fest!

Total Body Blast: Maximize your workout with this cardio and muscle strength interval class. The intervals will include short cardio bursts followed by strength training and sculpting. A variety of equipment will be utilized". *All Levels*.

TRX®: This class utilizes the TRX Suspension Training System for a complete resistance, cardio, core, balance and flexibility workout. The TRX is a strap with two handles that is suspended from above. *All Levels*

Yoga: 45 minute class focusing on breathing, flow, moving to peak pose, cool down and meditation. Accessible to all levels with modifications offered

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