

# MCLAREN FITNESS

## GROUP EXERCISE SCHEDULE

### January 2019

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|---|---|--|--|
| <b>Cycling</b><br>Kristy 1/7 and 1/21<br>Annie 1/14 and 1/28<br>5:30-6:30a<br>-----<br><b>Step Interval</b><br>Kristy<br>8:15-9:00a<br>-----<br><b>Silver Sneakers</b><br>Yoga<br>Barb<br>10:15-11:15a<br>-----<br><b>Body Sculpt</b><br>Catherine<br>4:30-5:15p<br>-----<br><b>Intro to Step</b><br><b>Aerobics</b><br>Cindy<br>5:30-6:30p<br>-----<br><b>PM Pedal Power</b><br>Catherine<br>5:30-6:15p | <b>Rip &amp; Ride</b><br>Kristy<br>5:30-6:30a<br><b>NO CLASS 1/1</b><br>-----<br><b>Silver Sneakers</b><br><b>Classic</b><br>Kenny<br>10:15-11:15a<br>-----<br><b>Booty &amp; Body</b><br><b>Sculpt</b><br>Barb<br>5:30-6:15p<br><b>NO CLASS 1/1</b><br>-----<br><b>Cycling</b><br>Laura<br>6:00-7:00p<br><b>NO CLASS 1/1</b><br>-----<br><b>Aikido</b><br>Scott<br>6:30-7:45p<br><b>NO CLASS 1/1</b> | <b>Rip &amp; Ride</b><br>Kristy<br>7:45-8:45a<br>-----<br><b>Silver Sneakers</b><br><b>Yoga</b><br>Paula<br>10:15-11:15a<br>-----<br><b>CM Ride</b><br>Paula<br>12:15-12:45p<br>-----<br><b>Body Sculpt</b><br>Catherine<br>4:30-5:15p<br>-----<br><b>Step/Sculpt</b><br>Cindy<br>5:30-6:30p<br>-----<br><b>PM Pedal Power</b><br>Catherine<br>6:30-7:15p | <b>Cycling</b><br>Annie<br>5:30-6:30a<br>-----<br><b>Body Sculpt</b><br>Kristy<br>8:15-9:00a<br>-----<br><b>Silver Sneakers</b><br><b>Classic</b><br>Kenny<br>10:15-11:15a<br>-----<br><b>Cycling</b><br>Barb<br>5:30-6:30p<br>-----<br><b>Zumba</b><br>Angie<br>5:30-6:30p | <b>Cycle &amp; Core</b><br>Kristy<br>5:30-6:30a<br>-----<br><b>Cardio Fuse</b><br>Kristy<br>8:15-9:15a | January 5th<br><b>Muscle Up</b><br>Cindy<br>8:15-9:15a<br><b>Cycling</b><br>Kristy<br>9:15-10:15a<br><b>Kids Aikido</b><br>Scott<br>11:00-12:00p<br><b>Aikido</b><br>Scott<br>12:00-1:00p<br>-----<br>January 12th<br><b>Body Sculpt</b><br>Catherine<br>8:15-9:00a<br><b>Cycling</b><br>Catherine<br>9:15-10:15a<br><b>Kids Aikido</b><br>Scott<br>11:00-12:00p<br><b>Aikido</b><br>Scott<br>12:00-1:00p<br>-----<br>January 19th<br><b>Booty &amp; Body</b><br><b>Sculpt</b><br>Barb<br>8:15-9:00a<br><b>Cycling</b><br>Barb<br>9:15-10:00a<br><b>Kids Aikido</b><br>Scott<br>11:00-12:00p<br><b>Aikido</b><br>Scott<br>12:00-1:00p<br>-----<br>January 26th<br><b>Zumba/Zumba Step</b><br>Angie<br>8:15-9:15a<br><b>Cycling</b><br>Catherine<br>9:15-10:15a<br><b>Kids Aikido</b><br>Scott<br>11:00-12:00p<br><b>Aikido</b><br>Scott<br>12:00-1:00p |

## FEES

|  |   |
|--|---|
| <b>Specialty Classes</b><br>All Members: \$3.00/class<br>Nonmembers: \$8.00/class<br>Senior Nonmembers: \$5.00/class<br>Nonmember Punch card: 12 for \$84.00 | <b>Signature Classes:</b><br>All Members: Free<br>Nonmember: \$5.00/class<br>Senior Nonmembers: \$3.00/class<br>Nonmember Punch card: 10 Sessions(Adult): \$40.00 |
|--|---|

### Signature Classes:

**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 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**

**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.**

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

**P.M Pedal Power:** 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.**

**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**

**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 easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. Moderate/Advanced.

**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.**

**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.

### Specialty Classes:

**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.

**Cycling 1 hour:** 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.**