

# MCLAREN FITNESS

## May 2018

### GROUP EXERCISE SCHEDULE

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|--|---|---|--|---|---|
| <p><b>Cycling</b><br/>Kristy 5/7 and 5/21<br/>Annie 5/14<br/>5:30-6:30a<br/><b>NO CLASS 5/28</b></p> <hr/> <p><b>Cardio Fuse</b><br/>Judi<br/>8:15-9:15a<br/><b>5/7 NO CLASS</b><br/>5/14 step/stretch and strength<br/>5/21 Zumba step/sculpt<br/><b>5/28 NO CLASS</b></p> <hr/> <p><b>Silver Sneakers Yoga</b><br/>Judi<br/>10:15-11:15a<br/><b>NO CLASS 5/28</b></p> <hr/> <p><b>Sculpt Fusion</b><br/>Judi<br/>4:15-5:15p<br/>5/7 4:30 body sculpt Catherine<br/>5/14 Zumba toning<br/>5/21 Strong by Zumba/Pound<br/><b>5/28 NO CLASS</b></p> <hr/> <p><b>Step/Sculpt</b><br/>Cindy<br/>5:30-6:30p<br/><b>NO CLASS 5/28</b></p> <hr/> <p><b>PM Pedal Power</b><br/>Catherine<br/>5:30-6:15p<br/><b>NO CLASS 5/28</b></p> <hr/> <p><b>Yoga/Pilates</b><br/>Catherine<br/>6:30-7:15p<br/><b>NO CLASS 5/28</b></p> | <p><b>Rip &amp; Ride</b><br/>Kristy<br/>5:30-6:30a</p> <hr/> <p><b>CSI</b><br/>Judi<br/>8:45-9:45a</p> <hr/> <p><b>Silver Sneakers Classic</b><br/>Judi<br/>10:15-11:15a</p> <hr/> <p><b>Lunch Crunch Cycle</b><br/>Barb<br/>12:15-1:00p</p> <hr/> <p><b>Booty Crunch</b><br/>Barb<br/>5:30-6:15p</p> <hr/> <p><b>Aikido</b><br/>Scott<br/>6:30-7:45p</p> <hr/> <p><b>Cycling</b><br/>Laura<br/>5:30-6:30p<br/><b>NO CLASS 5/14</b></p> | <p><b>Step Fuse</b><br/>Judi<br/>8:15-9:15a</p> <hr/> <p><b>Mid-Morning Ride</b><br/>Kristy<br/>7:45-8:30a</p> <hr/> <p><b>Silver Sneakers Yoga</b><br/>Paula<br/>10:15-11:15a</p> <hr/> <p><b>CM Ride</b><br/>Paula<br/>12:15-12:45p</p> <hr/> <p><b>Body Sculpt</b><br/>Catherine<br/>4:30-5:15p</p> <hr/> <p><b>Step/Sculpt</b><br/>Cindy<br/>5:30-6:30p</p> <hr/> <p><b>PM Pedal Power</b><br/>Catherine<br/>6:30-7:15p</p> | <p><b>Cycling</b><br/>Annie<br/>5:30-6:30a</p> <hr/> <p><b>Cardio Fuse</b><br/>Judi<br/>5:30-6:30a<br/>5/3 CSI<br/>5/10 Body sculpt<br/>5/17 Strong by Zumba<br/>5/24 Zumba toning<br/>5/31 CSI</p> <hr/> <p><b>Body Sculpt</b><br/>Kristy<br/>8:15-9:00a</p> <hr/> <p><b>Silver Sneakers Classic</b><br/>Judi<br/>10:15-11:15a<br/><b>NO CLASS 5/10</b></p> <hr/> <p><b>Lunch Crunch Cycle</b><br/>Jennifer<br/>12:15-1:00p</p> <hr/> <p><b>Cycling</b><br/>Barb<br/>5:30-6:15p</p> <hr/> <p><b>Zumba</b><br/>Judi<br/>5:30-6:30p</p> | <p><b>Cycle &amp; Core</b><br/>Kristy<br/>5:30-6:30a</p> <hr/> <p><b>Cardio Fuse</b><br/>Kristy<br/>8:15-9:15a</p> <hr/> <p><b>Senior Fitness</b><br/>Holly<br/>10:15-11:15a<br/><b>5/4 and 5/11 ONLY</b></p> | <p>May 5th<br/>Booty Crunch<br/>Barb<br/>8:15-9:00a<br/><b>Cycling</b><br/>Barb<br/>9:15-10:00a<br/><b>Kids Aikido</b><br/>Brian<br/>11:00-12:00p<br/><b>Aikido</b><br/>Brian<br/>12:00-1:00p</p> <hr/> <p>May 12th<br/><b>Yoga/Pilates</b><br/>Catherine<br/>8:15-9:00a<br/><b>Cycling</b><br/>Catherine<br/>9:15-10:00a<br/><b>Kids Aikido</b><br/>Brian<br/>11:00-12:00p<br/><b>Aikido</b><br/>Brian<br/>12:00-11:00p</p> <hr/> <p>May 19th<br/>Body Sculpt<br/>Kristy<br/>8:15-9:00a<br/><b>Cycling</b><br/>Kristy<br/>9:15-10:15a<br/><b>Kids Aikido</b><br/>Brian<br/>11:00-12:00p<br/><b>Aikido</b><br/>Brian<br/>12:00-1:00p</p> <hr/> <p>May 26th<br/>CSI<br/>Judi<br/>8:15-9:15a<br/><b>Cycling</b><br/><b>NO CLASS</b><br/>9:15-10:00a<br/><b>Kids Aikido</b><br/>Brian<br/>11:00-12:00p<br/><b>Aikido</b><br/>Brian<br/>12:00-1:00p</p> |

## 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**

**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**

**Senior Fitness:** 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**

**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**