




SPRING 2018

# FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<ul style="list-style-type: none"><li> 5:30 am <b>Ironclad</b> Jesse</li><li> 9:00 am <b>Pound</b> Valerie</li><li> 10:00 am <b>Pilates</b> Ginger</li><li> 4:15 pm <b>Body Blast</b> Danya</li><li> 5:30 pm <b>Pound</b> Valerie</li></ul>	<ul style="list-style-type: none"><li> 9:00 am <b>Pound</b> Valerie</li><li> 4:15 pm <b>Strength Training/Weights</b> Meg/Danya</li><li> 5:30 pm <b>Ironclad</b> Clint</li><li> 5:30 pm <b>Combination Champs</b> Megan</li></ul>	<ul style="list-style-type: none"><li> 5:30 am <b>Ironclad</b> Scotty</li></ul>	<ul style="list-style-type: none"><li> 9:15 am <b>The Works</b> Ginger</li><li> 10:00 am <b>Pilates</b> Ginger</li><li> 4:15 pm <b>Body Blast</b> Meg</li></ul>	<ul style="list-style-type: none"><li> 5:30 am <b>Ironclad</b> Jennifer</li></ul>	<p>Open track, cardio cove, weight room, and court</p>	<p>Closed</p>



Strength



Cardio



Mind & Body

## **FITNESS FEES**

Each group fitness class is just \$3 per class (unless otherwise noted) and your 1st visit is on the house. A fitness punch card for 20 classes can be purchased for only \$40! Punch card can be purchased at the CAC front desk.

## **CLASS DESCRIPTIONS**

**BODY BLAST** - Push your body by combining cardio, strength, and weight circuits all designed to raise and lower your heart-rate. (1 Hr)

**COMBINATION CHAMPS** - CC will combine tools like weights, loop bands, yoga ball, and tubing to use low-intense cardio to build strength and burn fat. Every workout will be different combination focus on making you stronger and healthier! (1 Hr)

**IRONCLAD** - An indoor/outdoor, total body strength & conditioning class that blends traditional callisthenic and body weight exercises with interval and strength training that will push you by utilizing a variety of equipment. (45 min)

**PILATES** - Exercise that consists of flexibility, muscular strength and endurance movements. Pilates emphasizes postural alignment; improving core strength and balance. (45 Min)

**POUND** - Pound is a full-body cardio jam session inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking to your favorite music! (1 Hr)

**STRENGTH TRAINING WEIGHTS** - Come build strength, and tone your body as we work with weights, bands and bars. By strengthening and toning your muscles, you'll burn fat and keep your bones and joints healthy and strong. Don't be afraid of using and building your muscles, come train with us! (1 Hr)

**THE WORKS** - A total body workout that combines cardio floor aerobics, kickboxing, step, and weights! The works! (45 Min)