



























SUMMER 2018

FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|
|  5:30 am  Ironclad Jesse |  9:00 am Pound Valerie |  5:30 am  Ironclad Scotty |  10:00 am  Pilates Ginger |  5:30 am  Ironclad Jennifer | Open track, cardio cove, weight room, and court |
|  10:00 am  Pilates Ginger |  4:15 pm Strength Training/ Weights Meg/Danya | |  4:15 pm Strength Training/ Weights Meg/Danya | | |
|  4:15 pm  Body Blast Danya |  5:30 pm  Ironclad Clint | |  5:30 pm  Combination Champs Megan | | |
|  5:30 pm Pound Valerie |  5:30 pm  Combination Champs  Megan | | | | |


Strength

Cardio

Mind & Body

Starting July 23, all classes except for iron clad will be meeting in the college alcove right off of WC238. This will be for 12 weeks.

TBCLIFE.NET/SPORTS

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! (45 Min)

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)