

Questions?

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**November/December 2018 Group Fitness**

Main Floor

Studio

Pool

GE Fitness Center

Managed by iHealth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Groove</b> 9:15a-10:15a Marie	<b>SUNRISE SPIN</b> 5:15a-5:55a Jill	<b>Tone...Move</b> 9:15a-10:00a Kathie/Suzy	<b>SUNRISE SPIN</b> 5:15a-5:55a Jill	<b>Step</b> 9:15a-10a Marie	<b>BABY BACK YOGA</b> 8:15-9:15 Juanita
<b>Aqua Core and Curcuit</b> 9:30a-10:30a Jane	<b>POWER FIT</b> 6:00a-6:30a Mary	<b>H2O FIT</b> 9:30a-10:30a Melissa	<b>POWER FIT</b> 6:00a-6:30a Mary	<b>Weekend water warm- up</b> 9:30a-10:30a Jane	<b>SPIN INTERVALS</b> 9:45a-10:30a Kathie
<b>SPIN BLAST</b> 11:30a-12:30p Laura	<b>SPIN CORE</b> 11:00a-12:00p Lynne	<b>ADVANCED HATHA Yoga</b> 11:30a-12:30p Bhargavi	<b>PILATES</b> 11:30a-12:30p Tetyana	<b>SPIN 45</b> 11:45a-12:30p Laura	No regularly scheduled classes November 22, 23, December 19- January 1, 2019
<b>Bootcamp Express</b> 11:45a-12:30p Audra	<b>Define</b> 11:45a-12:30p Jimmy	<b>X-Mahon Workout</b> 11:45a-12:30p Jimmy	<b>CHISEL</b> 11:45a-12:30p Marie	<b>Cardio Circuit</b> 11:45a-12:30p Audra	<b>Water walking clinic</b> Thursdays 12/20 and 12/27 @ 10am. Sign up at the front desk.
<b>Tabata</b> 5:15p-6p Jessica	<b>PILATES</b> 5:30p-6:30p Mary Lou	<b>HEART CYCLES</b> 4:15p-5:00p Laura	<b>YIN YOGA</b> 5:00p-6:00p Juanita/Parmjit		<b>Holiday Aqua Pilates</b> Thursday 12/27 @11:15am
		<b>ZUMBA DANCE</b> 5:30p-6:30p Ashley			

# Group Fitness Class Descriptions

## Water Fitness

**Aquacore and More:** This low impact water fitness class emphasizes toning, stretching, core work and cardiovascular conditioning. Participants work at their own intensity.

**Aqua Circuit:** This is a high intensity, low impact water fitness class where the music tempo is set to the *fast* pace of 130 beats per minute. Experience cardio and muscle endurance intervals.

**H2O fit:** This low-impact water fitness class uses equipment to achieve a total body conditioning workout.

**Weekend Water Warm-up:** Come experience this 45- minutes of cardio work and 15 minutes toning and stretching, in the water.

## Mind & Body

**Pilates:** A mat-based class designed to increase flexibility, strength and control of the core muscles.

**Baby Back Yoga:** Learn how to strengthen your back muscles and relieve stress and tension through gentle stretching.

**Advanced Hatha Yoga:** Learn how to calm the mind, regain focus and mentally live in serenity while taking your Yoga poses to the next level. Learn advanced asanas through variations and sequences to keep yourself challenged.

**Yin Yoga:** Learn mindfulness through holding Yoga poses. This class will help you focus in on your energy fields.

## Spinning

**Core Spin:** Looking for the ultimate challenge? Class starts with 40 minutes of spinning, followed by 20 minutes of core and strength training. It will challenge your core strength and cardiovascular endurance.

**The Spin Out, Spin Intervals, Spin Blast, Spin 45 and Sunrise Spin:** You will burn calories, get lean, increase lower body strength and improve your cardiovascular endurance. This class incorporates aerobic endurance intervals, anaerobic threshold intervals, hills, strength and speed play.

## Total Body Conditioning

**Define:** A boot camp style designed to make your muscles WORK! Challenge your muscles to the max—build strength, build endurance and tone up!

**X-Mahon:** This class is a total body workout that improves strength and cardiovascular fitness with timed periods of high-low intensity training.

**Tone...Move:** This class will get your heart pumping with lots of workout variety. It includes sculpting of the arms, legs and core exercises.

**CHISEL:** This class will sculpt and strengthen your entire body, fast! It will challenge all your major muscle groups while you squat, press, lift and curl.

**Tabata:** Each interval only lasts four minutes...but those four minutes produce remarkable effects. The intervals: push hard for 20 seconds, rest for 10 seconds and repeat! The secret to success: go all out for those 20 seconds.

**Zumba Dance:** Ditch the workout, join the party! An exhilarating, effective, easy-to-follow, calorie-burning, Latin-inspired dance fitness party. No dance experience is required.

**Step:** If you like step aerobics, this class is for you. You will experience 30 minutes of stepping, 15 minutes of Tabata (20 seconds high intensity, 10 second rest intervals) and 15 minutes of stretching.

**Cardio Groove:** Take a step back to choreographed cardio aerobics. Enjoy 30-40 minutes of major calorie burn followed by strengthening exercises for a total body blast!

**POWER FIT:** This ultimate total body workout will improve strength and cardiovascular fitness using interval training, agility and plyometric training, and strength training.

**Note:** Please inform the instructor if you are a new participant or if you have a medical condition that may affect your workout or requires special modification.

GE Fitness Center Hours:

Monday-Thursday 5:00am-8:00pm, Friday 5:00am-7:00pm,

Saturday 8:00a-1:00pm

Check us out on the web: <http://geafitness.trihealth.com>