

GROUP EXERCISE CLASSES



MONDAY

Zumba with Martha - \$18

This class consists of a fusion of Latin and international music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Ref #	Date	Day	Time	Location
698850	3/12-4/16	M	12:30-1:30 pm	G208

Yoga All Levels with Marlene - \$18

Use basic and intermediate yoga techniques to improve balance and flexibility and decrease stress. This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen, and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

Ref #	Date	Day	Time	Location
698853	3/12-4/16	M	5:00-6:00 pm	G208

TUESDAY

Yogalates with Lazaro - \$18

This class combines the movements of yoga and Pilates in one. Benefits will include enhancing your flexibility and stress reduction, while improving overall body and mid region (core) strength.

Ref #	Date	Day	Time	Location
698854	3/06-4/10	T	5:00-6:00 pm	G208

WEDNESDAY

Cross Training with Eli - \$18

This class encourages circuit style organization by combining muscular endurance, agility, balance and cardiovascular exercise incorporated in various training modalities to improve overall performance. The class pace varies from moderate to high intensity levels for effective weight loss, improved muscular tone, stamina and countless health benefits. Instructor will lead drill exercises using boxing bags, target mitts, weight logs, agility ladders, slide boards, cones, medicine balls, body weight and other fitness coached activities. Class will utilize building and campus aesthetics to vary intensities.

Ref #	Date	Day	Time	Location
698855	3/07-4/11	W	1:00-2:00 pm	G208

Yoga All Levels with Kristen - \$18

Use basic and intermediate yoga techniques to improve balance and flexibility and decrease stress. This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen, and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

Ref #	Date	Day	Time	Location
698856	3/07-4/11	W	2:00-3:00 pm	G208

Café Con Leche with Jorge - \$18

Get your cardio workout through exercise, movement, dance, lots of Latin moves, and Latin sounds. All the fun plus you will be burning calories!

Ref #	Date	Day	Time	Location
698857	3/07-4/11	W	5:00-6:00 pm	G208

THURSDAY

Zumba with Martha - \$18

This class consists of a fusion of Latin and international music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Ref #	Date	Day	Time	Location
698858	3/08-4/12	R	5:00-6:00 pm	G208

FRIDAY

Yoga All Levels with Lazaro - \$18

Use basic and intermediate yoga techniques to improve balance and flexibility and decrease stress. This class combines a sequence of shortly held poses. You will learn about proper physical alignment and breathing and the benefits of individual poses. Stretch, strengthen, and tone while learning to focus your mind. Yoga can help you achieve better mental and physical health.

Ref #	Date	Day	Time	Location
698860	3/09-4/20	F	12:00-1:00 pm	G208

Fat Flush with Eli - \$18

This class is a strength machine circuit workout that alternates between low to moderate intensity aerobic exercises, by incorporating various exercises at an interval pace. This class will prepare you for more advanced classes and will involve both cardiovascular and strength benefits.

Ref #	Date	Day	Time	Location
698859	3/09-4/20	F	5:00-6:00 pm	G110

