GROUP EXERCISE CLASS PROGRAM

BORED OF THE SAME ROUTINE? TAKE A CLASS. GET FIT AND HEALTHY

2012 SUMMER B GROUP EXERCISE CLASSES

MONDAY
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
718269 7/02-8/06 M 5:00-6:00 pm G303

THURSDAY
Cross Training with Jordan- $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, kettles, power ropes, medicine balls, body weight and other fitness coached activities. Class will utilize building and campus aesthetics to vary intensities.
Ref # Date Day Time Location
718273 7/05-8/09 R 1:00-2:00 pm G110

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
718274 7/05-8/09 R 5:00-6:00 pm G303

TUESDAY
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, kettles, power ropes, medicine balls, body weight and other fitness coached activities. Class will utilize building and campus aesthetics to vary intensities.
Ref # Date Day Time Location
718270 7/03-8/07 T 1:00-2:00 pm G110

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
718271 7/03-8/07 T 5:00-6:00 pm G303

WEDNESDAY
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
718272 6/27-8/08 W 5:00-6:00 pm G303

FRIDAY
The ZONE with Eli - $18
This class involves a trainer directed approach incorporating exercises that will lead you into your heart rate training zone. Exercises will be combined involving lunges, squats, steps, dumbbells and resistant bands. Participants will be encouraged to wear a heart rate monitor that will be provided.
Ref # Date Day Time Location
718276 7/06-8/10 F 5:00-6:00 pm G303

For more information call the Wellness Center at 305-237-2838, or email mrosell@mdc.edu, 305-237-0735.
Class schedules are available at the Welcome Counters of the Wellness and Fitness Centers, room G139 and G110.
We invite you to come by and visit our campus Wellness Program.

REGISTRATION IN 3 EASY WAYS
1. Registration by phone 305-237-2612
2. In Person: Room 3129