



Champions Group Fitness Schedule

Updated: 1-16-12

Morning Flow (45 min): This beginners yoga will introduce you to yoga poses, and take you on a physical, emotional and spiritual journey. This is a great way to start your mornings, and get in touch with your body and your mind.

***Group Cycle:** Take the ride of your life; dim lights, great music and a private atmosphere sets the stage for our Cycling classes. Jumping, sprinting, jogging, hovering... sound like fun? You need to experience this for yourself. Our instructors will lead you on a fun, motivated and energetic ride you won't soon forget and all the while it is appropriate for all fitness levels and all ages.

Shape and Sculpt (45 min): Maximize the sculpting effect. Increase strength, endurance and flexibility using your own resistance. See the results 45 minutes can give you.

Zumba (45 min.) Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.™ Join our Zumba group for a workout that doesn't feel like exercise.

Step On It (1 hr): Pump it up with 45-50 minutes of Step aerobics then finish with 10-15 minutes of abs and stretching. This class has it all! Burn fat, build endurance, tone muscles, and do all this at the intensity level of your choice.

Body Fit (1 hr): Get an all over body workout with this class. Cardio using the step, weights, Body Bars, plyometrics, intervals And more. Formerly Total Body but still a great workout.

T.G.I.F. (1 hr): Expect the unexpected! The class is "instructor's choice" of cardio, toning, and sculpting. Finish the week off with a great class and start the weekend with T.G.I.F.!!

SilverSneakers® : Muscular Strength and Range of Movement (45 min): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball offered for resistance, and a chair is used for seated and/or standing support.

Rotating Schedule: Tuesdays and Thursdays 4:15PM Classes are a rotating schedule. Check with the front desk to find out what class is in session or call for details. Classes include: Kickboxing, Zumba, Body Fit, and more.

Body Blast (30min): A true weight lifting class using dumbbells, bars, benches and plates. This class gives you the benefit of a weight room workout, but with the motivation of a group atmosphere.

Circuit Challenge (60 min): Keep your heart rate up, burn calories, get a fantastic weight workout, don't stop because this is your Circuit Challenge Class that will take your workouts to the next level.

Wellness Center Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Group Cycle Billy		Group Cycle Billy	Group Cycle Billy	
6:30	Group Cycle Paul		Group Cycle Paul		Group Cycle Paul	
9:00	Group Cycle Karen		Group Cycle Karen		Group Cycle Karen	Group Cycle Carol
9:45		Morning Flow Cynthia		Morning Flow Cynthia		
5:15	Group Cycle Carol		Group Cycle Nyari			

Group Fitness Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15	Shape and Sculpt Mary Lou	Zumba Stephanie	Shape and Sculpt Michelle	Zumba Stephanie	Shape and Sculpt Michelle
9:00	Step On It Gayle	Body Fit Karen	Step On It Lisa	Body Fit Lisa	T.G.I.F. MaryLou
10:00	Silver Sneakers Cynthia		Silver Sneakers Cynthia		Silver Sneaker Cynthia
4:15		Rotating Schedule		Rotating Schedule	
5:00	BodyBlast Angela F.		Body Blast Nancy		
5:30	Step On It Angela F.	Circuit Challenge Gayle	Step On It Nancy	Circuit Challenge Holly	

*Group Cycle - \$2.00 for members,
\$12.00 Non-Members