









Group Fitness Classes - July 1 - Sept 30

Aerobics Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday |
|----------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 5:30 AM |  Sarah | | |  Sarah | | | |
| 7:30 AM | | Awesome Abs Mike | | Awesome Abs Sarah | | | |
| 8:15 AM | | Young at Heart Elaine | | Young at Heart Elaine | | 8:00 AM |  Michele/1st & 3rd |
| 8:30 AM | Simply Stretch Sarah | | Simply Stretch Mason | | Simply Stretch Sarah | | |
| 9:00 AM | Tai Chi** Mason | Low & Light Aerobics Kay | Tai Chi** Mason | Low & Light Aerobics Kay/Michele | Low & Light Aerobics Sarah | 9:00 AM | 20-20-20 Instructor varies |
| 10:00 AM | | Yoga Stretch** Patti |  Patti | Yoga Stretch** Patti | | | |
| 12:10 PM |  Kay/Michele | Fitness Bootcamp Wes | B.A.T. Cindy | Totally Toned Sarah |  Sarah | | |
| 12:30 PM | | | | | | | |
| 12:50 PM | | Pilates** Kay/Michele | | Pilates** Sarah | | | |
| 4:00 PM | Step Circuit Kay | | Kickin' Glide Michelle | | Friday Flow Yoga** Patti | | |
| 4:40 PM | | Step it Up Cindy | | Step it Up Cindy | | | |
| 4:50 PM | Pilates** Kay | | Pilates** Michelle | | | | |
| 5:30 PM | Happy Hour Tena |  Michele | Happy Hour Kim |  Kay |  Patti |  SAM B. COOK HEALTHPLEX <i>Capital Region Medical Center</i> | |
| 6:15 PM | Low & Light Aerobics Tena | | Low & Light Aerobics Kim | | | | |
| 6:30 PM | | | | | | | |


SAM B. COOK
HEALTHPLEX
Capital Region Medical Center

573-632-5614 • crmc.org



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

20-20-20

Three great classes rolled into one: 20 min. of cardio, 20 min. of strength training, 20 min. of abs/stretch.

AWESOME ABS

A 30-minute class targeting the abdominal and back to strengthen and tone your entire mid-section.

B.A.T.

A 30-minute class designed to target the Buns, Abs, and Thighs with the use of weights, bands and balls.

FITNESS BOOTCAMP

This 40-minute class mixes body weight exercises with interval training and strength training in a fun group atmosphere

FRIDAY FLOW YOGA **

Our YogaFit® trained instructor will help you destress your week with a combination of flowing poses. This class will challenge and refresh you, while strengthening and toning your body. (60 min.)

HAPPY HOUR

A program for muscle strength and conditioning that uses a variety of resistance moves for upper body, lower body, and trunk strengthening and toning. Easy to follow and can be adapted for any level of exerciser. (40 min.)

KICKIN' GLIDE

Kick up your fitness level during this circuit-based martial arts-inspired class that incorporate strength training using gliders. (45 min.)

LOW & LIGHT AEROBICS

A class of upper and lower body strength training, cardiovascular conditioning, and flexibility exercises. A fun and motivating - low intensity class great for beginners, seniors, and exercisers of all fitness levels! (45 min.)

PILATES**

This progressive class will teach you exercises to strengthen the "Powerhouse" or core muscles. We focus on alignment, balance and control while performing dynamic stability exercises. (40 min.)

SIMPLY STRETCH

A slow-paced class for stretching and core stabilization that involves controlled movements focusing on alignment, functional strength and flexibility training. (30 min.)

STEP CIRCUIT

Intervals of step cardio combined with resistance training for an all-over great workout. (40 min.)

TAI CHI**

This progressive class focuses on mind and body coordination while emphasizing balance, flexibility and strength through fluid movements.

TOTALLY TONED

40 minutes of total body toning and strengthening.

STEP IT UP

This 50-minute class uses step platforms to get your heart pumping and to burn those calories for a great cardio workout, followed by a body conditioning session. Segments of gliding, kickboxing, low impact, and

YOGA STRETCH**

This 60-minute class consist of traditional Yoga poses executed with a Vinyasa flow. Be ready to experience improved strength, flexibility, balance and posture that is suitable for all fitness levels. This class is taught by a YogaFit® certified instructor.

YOUNG AT HEART

Everyone is welcome, although the 50+ member is the target age group. Low-impact and low-intensity workout that includes a warm-up, stretching, muscle conditioning and track walking followed by a cool-down and stretching. A great group setting that offers support and motivation. (60 min.)

ZUMBA®

"Ditch the Workout - Join the PARTY!" Zumba® Latin Dance-Fitness fuses hypnotic latin rhythms and easy to follow moves to create a calorie burning program that will blow you away.

ZUMBA® GOLD

Dance your worries away with ZUMBA® GOLD. This Latin-inspired, dance-based workout is great for beginners and active older adults! (45 min.)



Yellow Light
This symbol outside the aerobics studios indicates the class is at risk of cancellation or is being changed to a different time slot



****Please note** BODYPUMP, Pilates, Tai Chi, Yoga Stretch and Friday Flow Yoga require a pass to attend. Please see front desk for more details.**