



CYCC Group Fitness Schedule

Effective 3.2.20

MONDAY				TUESDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
5:30-6:15 am	Cardio-Strength Mix	MPR	Renee	8:00-8:45 am	Cardio Kick	MPR	Tyler
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy	9:15-10:00 am	Core Strengthening	MPR	Tyler
7:30-8:30 am	Water Aerobics	Pool	Tyler	4:30-5:30 pm	Gentle Yoga	MPR	Kara
8:00-9:00 am	Zumba®	MPR	Suzy	6:00-6:45 pm	Toning	MPR	Luke
9:15-9:45 am	Cycle	MPR	Tyler	7:00-7:30 pm	Cycle	MPR	Luke
4:00-5:00 pm	Yoga Flow	MPR	Kara				
WEDNESDAY				THURSDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:30-8:30 am	Water Aerobics	Pool	Tyler	5:30-6:15 am	Flow Stretch & Core	MPR	Renee
8:00-9:00 am	Zumba® Toning	MPR	Suzy	6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
9:15-10:00 am	Step	MPR	Tyler	7:30-8:30 am	Water Kickboxing	Pool	Tyler
6:00-7:30 pm	Strength	WC	Luke	8:00-9:00 am	Zumba®	MPR	Suzy
				9:15-10:00 am	Core Strengthening	MPR	Tyler
				12:00-12:30 pm	Meditation	MPR	Kara
				5:15-5:45 pm	Cycle	MPR	Luke
				6:00-6:45 pm	Toning	MPR	Luke
FRIDAY				SATURDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
8:00-8:45 am	Chair Yoga	MPR	Kara	8:00-9:00 am	Super Saturday	MPR	Tyler/Luke
6:00-7:30 pm	Strength	WC	Luke				

All class passes are just \$3.00/class and can be purchased at the front desk. Please turn your pass into your instructor. You may try each class for free the first time. Class pass punch cards are available for purchase at the front desk. All equipment for classes is provided; however, some class sizes may be limited due to available equipment or space. Please understand that due to unforeseeable circumstances classes may need to be cancelled. When these situations arise we will post the information as quickly as we can in the most obvious locations (typically our lobby board and social media) and appreciate your understanding. You are encouraged to call the center at 715-854-3109 prior to coming to class.

Class Descriptions

Classes require a class pass available at the Front Desk. All group fitness classes are taught by qualified instructors. CYCC provides all equipment needed for class; however, some class sizes may be limited due to available equipment.

Cardio Kick is a fun, action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

Cardio Strength Mix is a fun, yet challenging class that incorporates cardio fitness and strengthening exercises to achieve a well-rounded workout. This class is designed for all fitness levels! Bring a water bottle and be ready to work, sweat and have fun!

Chair Yoga is the practice of performing traditional yoga postures seated in, or with the aid of, a chair with the intended goal of improving flexibility, balance, posture, and muscular endurance.

Core Strengthening focuses on toning the core muscles as well as the major and stabilizer muscles throughout the body.

Cycle is a stationary biking class that focuses on cardio as well as a total body workout. Pedaling through hill climbs, sprints, and other challenging drills while listening to heart pumping, inspiring music. All fitness levels welcome. Bring water and be ready to roll!

Flow Stretch and Core combines slow movement stretching with strengthening of the body and core to improve balance, flexibility, posture and core stability. This class is designed for all fitness levels, bring a water bottle and be ready for great experience!

Gentle Yoga is a slower paced yoga class, focusing on easing into various yoga poses, learning the basic form of yoga postures, and taking your time. Gentle Yoga incorporates yoga straps and blocks to maximize stretching in each posture

Meditation is a practice that solely focuses on being present. During meditation you can be in a seated position (either on a chair or on a mat) or lying down. The goal of meditation is to become one with your breath and to clear your mind. According to studies we think on average about 2100-3300 thoughts per HOUR. Thoughts will inevitably come to mind while you are trying to meditate. It is a personal challenge to acknowledge the thought, and then re-focus yourself to your breathing. There are multiple different forms of meditation so you can expect something different each week.

Step is a cardio based step class, mixing different combinations of on the floor and on the step workouts to tone the muscles and build cardio endurance. This class is designed for participants of all levels of fitness. Bring water and be ready to move!

Strength will focus on utilizing strength building techniques such as proper warm up, correct form, breathing and stretching to improve muscular strength, size and endurance. Class will include key strength building exercises including but not limited to: Bench press, pull ups, squats, deadlifts and much more! Appropriate for Beginners to Advanced levels of fitness.

STRONG by ZUMBA® is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition... In a **STRONG by ZUMBA®** class, music is the key element.

Super Saturday will include a variety of fitness formats to broaden the horizons of exercise, including but not limited to Pilates, HIIT, Boot Camp, Strength, Cardio, Dance. One fitness format incorporated into each class session. Class is offered every Saturday, instructed by either Tyler or Luke!

Toning focuses on improving muscle tone and endurance through high repetitions. Class will include fun and simple, yet challenging workouts using body weight, free weights, step platforms, bands and more with the focus of achieving a full body workout, including upper and lower body (arms, shoulders, legs, and glutes) and the midsection (core). Workouts are designed for all fitness levels!

Water Aerobics is a fun, yet challenging class that combines traditional aerobic exercises and movements with water. This class is designed for all fitness levels.

Water Kickboxing combines traditional land based kickboxing combinations with the added challenge of being in the water

Yoga Flow is a faster paced yoga class, working to open the hips, strengthen the legs, improve balance, and focus on intentional breathing. The class is designed to be modified to fit ALL level types from beginner to advanced. Listening to your body is key to getting the most out of this workout! Have fun challenging yourself when ready to advance in different postures.

ZUMBA® is a fusion of Latin and International music/dance themes that create a dynamic & exciting atmosphere. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Zumba® is based on the principle that a workout should be "FUN & EASY TO DO."

ZUMBA® TONING is a fun full body sculpting class synced to the rhythms of music. Emphasis on toning and sculpting to define your muscles. Added resistance by the use of weights will target zones, including arms, core and lower body. Results will be improved strength and muscle tone.