



# CYCC Group Fitness Schedule

Effective 9.2.20

MONDAY				TUESDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy	8:00-8:45 am	Cardio Kick	MPR	Amanda
8:00-9:00 am	Zumba®	MPR	Suzy	2:30-3:00 pm	Yoga Flow	MPR	Kara
1:30-2:00 pm	Chair Yoga	MPR	Kara	3:30-4:00 pm	Floor Yoga	MPR	Kara
4:00-4:30 pm	Kids Yoga	MPR	Kara	4:30-5:00 pm	Teen Yoga	Teen Center	Kara
6:00-7:00 pm	Martial Arts	MPR	Scott/Pat	6:00-6:45 pm	Toning	MPR	Luke
7:30-8:00 pm	Balancing Yoga	MPR	Kara	7:15-7:45 pm	Cycle	MPR	Luke
WEDNESDAY				THURSDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:00-7:30 am	Chair Yoga	MPR	Kara	6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba® Toning	MPR	Suzy	8:00-9:00 am	Zumba®	MPR	Suzy
4:00-4:30 pm	Balancing Yoga	MPR	Kara	9:15-9:45 am	Baby and Me Yoga	MPR	Kara
6:00-7:30 pm	Strength	WC	Luke	11:15-11:45 am	Yoga Flow	MPR	Kara
				12:00-12:30 pm	Floor Yoga	MPR	Kara
				5:00-5:30 pm	Cycle	MPR	Luke
				6:00-6:45 pm	Toning	MPR	Luke
				6:00-7:00 pm	Martial Arts	GYM	Scott/Pat
FRIDAY				SATURDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:00-6:30 am	Sun Yoga	MPR	Kara	8:00-9:00 am	Super Saturday	MPR	Varies
8:00-8:45 am	Chair Yoga	MPR	Kara				
8:00-8:45 am	Cardio Kick	GYM	Amanda				
11:00-11:30 am	Balancing Yoga	MPR	Kara				
5:00-6:30 pm	Strength	WC	Luke				

All adult class passes are just \$3.00/class, all kid class passes are just \$1.00/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.**

**Baby and Me Yoga** is a class specifically for parents with babies or young children. This is class made for fun, bonding, and parental support. While in class the main focus will be YOU having fun with YOUR baby. The postures are modified to include baby. **Babies ages 3 months** (at YOUR discretion) - **3 years old**. **\*\*BABY MUST HAVE HEAD AND NECK CONTROL unless baby is in a sling or baby carrier.\*\***

**Balancing Yoga** is a class focused on balancing postures. Students are encouraged to join in no matter how much balance they do or do not have. Modifications can be made for each student.

**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.

**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.

**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!

**Floor Yoga** is a practice that is done on the floor. Some postures offered in this class will challenge your mind and body, while others will release built up tension. After class you will leave feeling relaxed, strong, and determined.

**Kids Yoga** is specifically for kids ages 4-10. Parents are more than welcome to stay and watch! In this class the main focus is to teach mindfulness and build self esteem. **\*\*Kids yoga is \$1 per child\*\***

**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.

**Sun Yoga** is a morning wake up class. Start out your day right by waking up your body and mind through various postures and mindful practices.

**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, Yoga. One fitness format incorporated into each class session. Class is offered every Saturday, instructed by either Kara or Luke!

**Teen Yoga** is an affirmation yoga class. The main focus in this class is to build self esteem and feel confident. This class is ONLY held at the Teen Center next door. This class is free at the Teen Center but each student must pay for a day pass (\$1) unless they have a membership at TC.

**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!

**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 of out this workout! Have fun challenging yourself when you feel ready to advance into 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.