



CYCC Group Fitness Schedule

Effective 3.30.21

MONDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
9:15-10:00 am	STEP Aerobics	MPR	Maddison
1:30-2:15 pm	Chair Yoga	MPR	Kara
3:00-3:30 pm	Beginner Yoga	MPR	Kara
4:15-4:45 pm	Kids Yoga	MPR	Kara
5:15-6:00 pm	Bootcamp	MPR	Amanda
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

WEDNESDAY

Time	Class	Location	Instructor
6:00-6:45 am	Zumba® Step	MPR	Suzy
7:00-7:30 am	Chair Yoga	MPR	Kara
8:00-9:00 am	Zumba® Toning	MPR	Suzy
3:45-4:15 pm	Rock Bottom	MPR	Maddison
4:30-5:00 pm	Cycle	MPR	Luke
5:15-6:00 pm	Bootcamp	MPR	Amanda
6:00-7:30 pm	Strength	WC	Luke

FRIDAY

Time	Class	Location	Instructor
6:00-6:30 am	Sun Yoga	MPR	Kara
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
4:00-4:30 pm	HIIT Full Body	MPR	Maddison
4:30-5:30 pm	Strength	WC	Luke

TUESDAY

Time	Class	Location	Instructor
8:00-8:45 am	Cardio Kick	MPR	Amanda
9:15-9:45 am	Beginner CORE	MPR	Maddison
2:30-3:15 pm	Yoga Flow	MPR	Kara
3:30-5:30 pm	Dance 4 Kids	MPR	Aubrey
4:30-5:00 pm	Teen Yoga	Teen Center	Kara

THURSDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
9:15-9:45 am	Floor Yoga	MPR	Kara
11:15-12:15 pm	Yoga Flow	MPR	Kara
4:00-4:45 pm	Toning	MPR	Luke
5:00-5:30 pm	Cycle	MPR	Luke
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

SATURDAY

Time	Class	Location	Instructor
8:00-9:00 am	Super Saturday	MPR	Varies

**ZUMBA WALK FIT EVERY OTHER SUNDAY.
INQUIRE AT FRONT DESK FOR MORE INFO**

Classes require a class pass. Passes are available at the Front Desk. Valid membership or day pass also required. 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.

- ♦ All **adult class passes** are just **\$3.00/class**
- ♦ All **kid class passes** are just **\$1.00/class**
- ♦ Passes 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

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.

Beginner Core: Beginner Core uses a large variety of low-impact exercises to challenge and strengthen your core muscles. Core strength is important for good posture and can lessen low-back pain.

Beginner Yoga is a yoga class for beginners! It will have gentle stretches, gentle strength, and gentle balancing.

Bootcamp: this class uses High Intensity Interval Training to give you a worthwhile workout! Bootcamp is set up with a 2:1 work-to-rest ratio (30 sec. work, 15 sec. rest), alternating a variety of *strength and cardio* exercises! Outcomes of this class could include improved total body muscular strength and endurance, improved cardiovascular endurance, and more!

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.

HIIT (High Intensity Interval Training) Full Body: HIIT Full Body is 30 minutes of high intensity intervals alternating with short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time with compound exercises that target all major muscle groups. Using a 2:1 work-to-rest ratio, HIIT Full Body will surely get your heart pumping, and muscles burning.

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****

Rock Bottom: Rock Bottom will target lower body (calf, glute, quad, hamstring, and hip) muscles with body-weight, banded, and weighted exercises. This class consists of 3 timed sets of 5 exercises, regressions are made available to include all ability levels! Results include improved balance, increased lean muscle, a toned lower body, and more!

Step Aerobics: Step Aerobics is a high-energy, rhythmic step class where you will be stepping up, over, and around a customizable height step. Get motivated with fast-paced music and inspiring instructor commentary! Increase your heart rate, burn calories, and enjoy your workout!

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 tradition 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, Luke, Amanda!

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® STEP Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

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.