



# CYCC Group Fitness Schedule

Effective 11.4.19

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
6:30-7:30 am	Aerobic Fitness	WC	Tyler	10:15-11:15 am	Chair yoga Lvl. II	MPR	Pam
8:00-9:00 am	Zumba®	MPR	Suzy	4:30-5:00 pm	Wellness for Kids	MPR	Paisley
9:15-9:45 am	Cycle	MPR	Tyler	6:00-6:45 pm	Toning	MPR	Luke
				7:00-7:30 pm	Cycle	MPR	Luke
WEDNESDAY				THURSDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:30-7:30 am	Aerobic Fitness	WC/MPR	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	8:00-9:00 am	Zumba®	MPR	Suzy
10:15-11:15 am	Stretch & Strength	MPR	Pam	9:15-10:00 am	Gentle Yoga	MPR	Pam
6:00-7:30 pm	Strength	WC	Luke	10:15-11:00 am	PRIVATE RENTAL	MPR	NONE
				6:00-6:45 pm	Toning	MPR	Luke
				7:00-7:30 pm	Cycle	MPR	Luke
FRIDAY				SATURDAY			
Time	Class	Location	Instructor	Time	Class	Location	Instructor
8:00-8:45 am	Cardio Kick	MPR	Tyler	10:00-11:00 am	Super Saturday	MPR	Tyler/Luke
9:15-10:00 am	Core Strengthening	MPR	Tyler				
6:00-7:30 pm	Strength	WC	Luke				

All class passes are just \$2.00/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.**

**Aerobic Fitness** incorporates walking, running, indoor cycling, and light strength to improve cardio endurance and tone muscles while burning fat. This class will include different environments (indoor track, multi-purpose room, and outside CYCC block) and different equipment to add variety to ensure a well balanced workout. Class is designed for all fitness levels.

**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 Level II** is a more intense yoga practice intended for those who are unable to get up or down from the floor. Specifically designed to bring more flexibility and balance to the body. The muscles are challenged by more difficult poses often held longer. Intensity may be increased or decreased through modifications taught in the class. Appropriate for all fitness levels.

**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 version of yoga geared to the beginner or someone looking for a gentler yoga class. This class has many floor-based poses and stretches with a few standing poses for balance. Experience the benefits of yoga as you gently strengthen and relax in revitalizing poses and simple breathing techniques. Focus will be spent on proper form.

**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.

**Stretch & Strength** will focus on strength and flexibility, improving posture, balance and breathing. Class will include 30 minutes of yoga based stretches and breathing exercises. The second half of the class will incorporate basic strength exercises using body weight as well as free weights. Emphasis will be on correct posture, balance and breathing for each exercise. Appropriate for all fitness levels.

**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!

**WELLNESS for KIDS!** Each month we'll explore a different theme of health & wellness. Weekly lessons will explore that month's theme in more detail and will involve nutrition, physical activity, & social components to help your kiddos make great choices for their health all while having fun with their friends! Ages 4-11.

**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.