

Group Fitness Class

Descriptions Summer 2010

60+ FUNCTIONAL FITNESS – 50+ CENTER

60 minutes. This class offers seniors a chance to increase range of motion, flexibility, strength, coordination, and balance while seated in a chair. Strength–Light Cardio–Flexibility.

60+ REJUVENATE YOUR BODY – 50+ CENTER

45 minutes. Beach balls + socializing + music = *fun*. Cardiovascular workout, + muscle conditioning + range of motion = *fitness*. Light Cardio-Strength–Flexibility.

CARDIO FIT – 50+ CENTER 40 minutes. Low impact cardio class designed for beginners, 50+, pre-postnatal and postnatal, or those looking for choreographed Cardio–Low Intensity.

CARDIO KICKBOX – STUDIO 1 60 minutes. This class is designed for all fitness levels. Upper and lower body core strengthening exercises, training in balance, stability, and stretching specifically for boxing and martial arts. Cardio–Med–High Intensity.

CORE CONDITIONING – STUDIO 2 30 minutes. class that will focus on abdominal, low back strengthening exercises and stretches. Strength.

FIT EXPRESSO – STUDIO 1 45 minutes. Class guaranteed to wake you up and get you going in the right direction. Formats may include: Hi/Lo, Step, Interval training, etc. Choreographed Cardio/Strength.

HI RIDER – LIFE CYCLE ROOM 60 minutes. A great class for beginners and advanced fitness levels!! You will learn basic seating position and riding techniques as you complete a 50-55 minute journey. Please reserve your seat by stopping at Welcome Center, no phone reservations. Cardio High-Low intensity.

JACKI'S AEROBICS – STUDIO 2 60 minutes. Come join Nan Blasy for a great cardiovascular and toning class!! Cardio-strength Low-Med. Intensity.

MOTIONLIVE – WELLNESS CENTER A circuit training class using the FreeMotion Equipment and cardio stations to give you an ultimate FULL body workout! Intensity levels vary for each individual.

MUSCLE AEROBICS – STUDIO 2 60 minutes. Use wall-mounted resistance equipment during a 30-minute aerobic sequence followed by muscle specific toning and relaxing stretches. Limit 8 per class. Choreographed Cardio-Strength Low–Med Intensity

MUSCLE PUMP – STUDIO 1 45 Minutes. An intense weight training class that focuses on specific muscle groups to attain great results. This is an intermediate to advanced level class. Strength–Med–High Intensity.

RETIREE'S GYM – SOUTH GYM 1 hour 15 minutes. Slowly warm-up with 30 minutes of moderate exercise designed to improve your range of motion and muscle tone. You may then choose to finish your workout by walking in the large gymnasium or joining an energizing game of modified volleyball. Light Cardio-Strength–Flexibility Low–Med Intensity.

SPECTACULAR SATURDAY – STUDIO 1 60 minutes. Format may include: kickboxing, step, sculpting, bootcamp, ball/pilates, or circuit training. Cardio and some Strength Low–High Intensity.

TRI CARDIO – STUDIO 1 60 minutes. Three awesome formats in one cardio filled class! Step, kickboxing, and bootcamp, all in one! Cardio Low–High Intensity.

STABILITY BALL/PILATES COMBO – STUDIO 1 60 minutes. Join this mat workout of stability ball exercises and a sprinkle of Pilates. Improve balance, posture, concentration, strength and flexibility through body control movements Strength–Core–Flexibility Low–Med Intensity.

STRETCH AND TONE – STUDIO 1 60 minutes. A non-aerobic class is designed to provide focused, intensive muscle training for the lower and upper body. Strength and Flexibility Low–Med Intensity.

ZUMBA – STUDIO 1 60 Minutes. Latin music, Latin moves, and lots of fun. Anyone can participate in this class just be ready to shake, laugh, and work hard.

ZUMBA GOLD – MIRROR ROOM 60 Minutes. A fun and innovating Latin Class designed for active older adult, the true beginner, and those not used to exercising.

Water Fitness Class Descriptions Summer 2010

AQUA THERAPY

This is an open fitness time (no instructor) designed specifically to allow those with physical disabilities and/or post-surgical or sports injury re-hab needs to work on their own in a more quiet environment.

AQUA ZUMBA

Latin music, Latin moves, and lots of fun. Anyone can participate in this class just be ready to shake, laugh, and work hard and stay cool!

ARTHRITIS AQUATICS

Utilize walking, stretching, wall exercises and water resistance to improve joint movement, range of motion, and flexibility in 86 degree water.

AQUACISE & SENIOR AQUACISE

Increase mobility, strength and flexibility through moderate shallow water aerobics, wall exercises, and resistance equipment.

CIRCUIT TRAINING

A circuit training class using cardio and toning stations to give you an ultimate FULL body workout! Intensity levels vary for each individual.

HYDROTONING

This is an intense deep water workout. Complete body workout using belts, and bar bells. All fitness levels are accommodated.

H2O WORKS & SR. H2O WORKS

These classes include - THE WORKS - intense aerobics, stretching and Hydrotoning. Get ready to work hard!!

For more information, please contact Beth Smith at ext. 2280 or bsmith@MyMcc.org.

Group Fitness Schedule

Summer 2010 June 13 - September 4

Updated June 10, 2010



Developing Individuals, Creating Community

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30am		Outdoor Bootcamp Studio 1		Outdoor Bootcamp Studio 1		
8:30-9:30am	Stretch & Tone Studio 1	Ball & Pilates Studio 1	Stretch & Tone Studio 1	Ball & Pilates Studio 1	Stretch & Tone Studio 1	
8:30-9:30am		Zumba Gold 50+ Center		Zumba Gold 50+ Center		
8:30-9:45am	Retiree's Gym South Gym		Retiree's Gym South Gym		Retiree's Gym South Gym	
9:00-9:30am	Core Conditioning Studio 2		Core Conditioning Studio 2			
9:00-10:00am						Zumba Studio 1
9:30-10:15am		Rejuvenate Your Body 50+ Center		Rejuvenate Your Body 50+ Center		
9:30-10:20am	Functional Fitness 50+ Center		Functional Fitness 50+ Center		Functional Fitness 50+ Center	
9:30-11:00am*	Zumba & Muscle Pump Studio 1					
9:30-10:30am		Kicking Circuit Boxing Room	Zumba Studio 1	Kicking Circuit Boxing Room	Zumba Studio 1	
9:30-10:30am	Hi Rider Cycle Studio	Outdoor Bootcamp Studio 1	Hi Rider Cycle Studio	Muscle Pump Studio 1	Outdoor Bootcamp Studio 1	
9:30-10:30am	MotionLive Wellness		MotionLive Wellness	MotionLive Wellness	MotionLive Wellness	
5:30-6:30pm	Tri-Cardio Studio 1	Muscle Pump Studio 1	Cardio Kick Studio 1	Muscle Pump Studio 1		
6:00-7:00pm	Jacki's Aerobics Studio 2		Jacki's Aerobics Studio 2			
6:00-7:00pm		MotionLive Wellness Center		MotionLive Wellness Center		
6:30-7:30pm	Zumba Studio 1	Zumba Studio 1		Zumba Studio 1		

*Zumba and Muscle Pump (45 minutes of Zumba followed by 45 minutes of Muscle Pump)

Class Cancellation Policy: Immediate cancellation of a class will occur if there are 2 or less participants for 2 consecutive weeks. Classes must average 8 participants for a session otherwise the class will be cancelled or replaced with a new format.

Must sign-up for a bike for the hi/lo rider classes at the Welcome Center!

Water Fitness Schedule

Summer 2010 June 13 - September 4

Updated June 10, 2010

East Pool	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am	Sr. Aqua	Sr. H2O Works	Sr. Aqua	Sr. H2O Works	Sr. Aqua
9:00-10:00am	Sr. Aqua	Sr. Aqua	Sr. Aqua	Sr. Aqua	Sr. Aqua
10:00-11:00am	Aqua Zumba	H2O Works	Aqua Zumba	H2O Works	Circuit Training
10:00-11:00am	Circuit Training		Hydrotoning		Circuit Training
4:30-5:30pm	Aqua Therapy			Aqua Therapy	
5:30-6:30pm	H2O Works	H2O Works		H2O Works	Open Fitness*
6:30-7:30pm	Circuit Training	Hydrotoning		Hydrotoning	
The Oasis	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am	Arthritis Aqua		Arthritis Aqua		Arthritis Aqua*
9:00-10:00am	Sr. H2O Works	Sr. H2O Works	Sr. H2O Works	Sr. H2O Works	Sr. H2O Works

*No instructor