

# Group Exercise Schedule

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Class	Monday   Wednesday   Friday	Instructor	Location
Cycle w/ Maggie	5:45am– 6:35am	Maggie	Aerobic Room
<b>Hydro Tabata</b>	<b>6:15am-7:15am</b>	<b>Yvonne</b>	<b>Pool</b>
Kettlebell	8:00am-8:45am	Maggie	Aerobic Room
Total Body Workout	9:00am-10:00am	Lou	Aerobic Room
Boomer Burn	9:05am-9:50am <b>(Monday &amp; Wednesday)</b>	Rob	Gym
<b>Aqua-cise</b>	<b>9:15am-10:15am</b>	<b>Maggie</b>	<b>Pool</b>
Yoga	10:00am– 11:00am <b>(Monday &amp; Wednesday)</b>	Hannah	Aerobic Room
Chair Yoga	12:30pm– 1:20pm	Maggie	Aerobic Room
Tai Chi	4:00pm-5:00pm	Ted	Aerobic Room
<b>Water X</b>	<b>6:00pm-7:00pm</b>	<b>Tasha</b>	<b>Pool</b>
Power 10	6:15pm-6:45pm <b>(Monday &amp; Wednesday)</b>	Rob	Aerobic Room
Zumba	7:15pm-8:15pm <b>(Wednesdays)</b>	Sharon	Aerobic Room
Class	Tuesday   Thursday	Instructor	Location
Cycle w/ Lou	9:15am– 9:45am	Lou	Aerobic Room
Yoga	8:00am-9:00am	Hannah	Aerobic Room
<b>Water X</b>	<b>9:30am– 10:30am</b>	<b>Tasha</b>	<b>Pool</b>
<b>H2O R.O.M</b>	<b>11:00am-11:45am</b>	<b>Maggie</b>	<b>Pool</b>
Cardio Dance	12:00pm-1:00pm	Lou	Aerobic Room
Yoga	5:30pm-6:30pm	Hannah	Aerobic Room
<b>Water X</b>	<b>6:00pm-7:00pm</b>	<b>Tasha</b>	<b>Pool</b>
WMU	10:30am– 11:15am	Rob	Aerobic Room
Zumba	7:00pm-8:00pm <b>(Thursday)</b>	Sharon	Aerobic Room
Class	Saturday	Instructor	Location
Power 10	8:05am-8:35am	Rob	Gym/Track
Buttz & Guttz	8:05am-9:05am	Lorraine	Aerobic Room
<b>Aqua-step</b>	<b>10:30am-11:30am</b>	<b>Tasha</b>	<b>Pool</b>

## Classes Included with Membership

DAY	CLASS	TIME	LOCATION
Monday   Wednesday   Friday	Light & Lively—Chair Fitness	10:00am-10:35am	Gym
Tuesday   Thursday	Strength & Stretch —Chair Fitness	10:00am-10:35am	Gym
Monday   Wednesday	Body Blitz—Circuit Fitness	5:30pm-6:00pm	Aerobic Room

Class	Descriptions	Price	Intensity
Aqua-cise	Water resistance workout.	\$3 per day   \$20 monthly	Moderate
Aqua-step	Lively but toning water fitness.	\$4 per day   \$15 monthly	Moderate
H2O Range of Motion	Improve Full Range of Motion	\$15 month only	Low
Boomer Burn	Calorie burning and fitness boosting.	\$10 month only	High
B -QUAD	Sculpt and tone lower body workout.	\$20 monthly   \$8 daily	Moderate
Cardio Dance	Fun, interactive way to burn calories.	\$3 per day   \$10 monthly	Moderate
Chair Yoga	Awaken the mind and find inner strength.	\$3 per day   \$15 monthly	Moderate
Cycle W/ Maggie	45 min steady tempo with hills for resistance	\$3 per day   \$20 monthly	Moderate   High
Cycle w/ Lou	30 min sprints and climbs + cool down	\$3 per day   \$15 monthly	Moderate   High
Hydro Tabata	Interval training with short rests.	\$3 per day   \$20 monthly	High
Total Body Workout	High intensity strength workout.	\$3 per day   \$15 monthly	High
Kettlebell	Kettlebell incorporated toning workout.	\$5 per day   \$25 monthly	Moderate
Power10	Varied styles of group training.	\$8 per day   \$21monthly	High
Tai Chi	Improve energy levels and body harmony.	\$3 per day   \$20 monthly	Low
Water X	Water resistance to lively music.	\$3 per day   \$25 monthly	Moderate
Yoga	Strengthen the mind and body.	\$5per day   \$25 monthly	Moderate
Zumba	Groove to the dance inspired hits.	\$5 per day   \$20 monthly	Moderate
WMU	Weights– managing nutrition– university	\$50 monthly only	Moderate

## Group Exercise Class Policies:

UPDATED: March, 2020

- Classes are first come, first serve. There is absolutely **NO** reserving seats or spots.
- Day class registrations can purchased on the day of said class. Participants must receive pass from Athletic Desk for each paid class. There are **NO REFUNDS** for missed classes.
- Monthly class registrations are open on the last full week of the current month. Monthly water classes must receive wristbands at time of payment and wear monthly for class check-ins.
- We do **NOT** prorate monthly classes. We encourage all participants to pay in advance.
- Please ask a desk attendant for 20% off 2 monthly class registrations or 30% off 3 or more monthly class registrations. Monthly classes must be purchased at the same time to receive discount.

