

WIFC Schedule 2018

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:30-6:30 AM SPIN/Abs Anita	5:30-6:30 AM C.S.I. Anita	5:30-6:30 AM Turbo Kick Tammi	5:30-6:30 AM SPIN/Abs Anita	5:30-6:30 AM Boot Camp Anita	
8:00-8:45 AM C.S.I. Eva	8:00-8:55 AM Core Infusion Joan	8:00-8:55 AM Total Body Workout Eva	8:00-8:55 AM Core Infusion Joan	8:00-8:45 AM Total Body Workout Eva	8:00-8:55 AM SPIN/Abs Rotation
8:45-9:30 AM Butts & Guts Eva	9:00-9:55 AM SPIN Joan	9:00-10:00AM Sculpt to the Max Sandie	9:00-9:55 AM SPIN Joan	8:45-9:30 AM Butts & Guts Eva	9:00-9:55 AM S.O.S. Rotation
9:35-10:35AM Sculpt to the Max Sandie		9:00-9:55 AM** Boot Camp Eva		9:35-10:35 AM Muscle Definition Sandie	10:00-11:00 AM Zumba Rotation
9:30-10:30 AM** Boot Camp Eva	10:00-11:00 AM Silver Sneakers I Sandie	10:05-11:00 AM Silver Sneakers II Eva	10:00-11:00 AM Silver Sneakers I Sandie		<u>Winter Schedule</u>
10:40-11:35 AM Low Cardio "BOOM" Strength & Stretch Sandie	10:00-11:00 AM** Spin Interval 101 Joan		10:00-11:00 AM** Spin Interval 101 Joan	10:40-11:35 AM Low Cardio "BOOM" Strength & Stretch Sandie	
12:15-1:00 PM Core Infusion W/Cardio Eva	11:05-11:55 AM Gentle Stretch Sandie	11:05-11:55 AM Yoga Kathy	11:05-11:55 AM Gentle Stretch Sandie	12:15-1:00 PM Total Body Workout Lyndsey	12:00-1:00 PM Turbo Kick Hillary
5:00-5:55 PM C.S.I. Anita	12:15-1:00 PM Boot Camp Lyndsey	12:15-1:00 PM Total Body Workout Eva	12:15-1:00 PM C.S.I. Lyndsey	1:00-2:00 PM Strong by Zumba Hillary	
6:00-6:55 PM Total Body Workout Danielle	5:00-5:15 PM Ab Blast Liz	5:00-5:55 PM Muscle Definition Aimee S.	5:00-5:15 PM Ab Blast Aimee	**Class <u>not</u> held in the Aerobics Room	**Pre-Registration is Required for CSI, Spinning & Spin Interval 101 Only 24 hr. in advance 735-6286
7:00-8:00 PM Sculpt to the Max Danielle	5:15-6:00 PM MetCon Liz	6:00-6:55 PM Total Body Workout Hillary	5:15-6:00 PM Total Body Workout Aimee		
	6:30-7:25 PM Turbo Kick Hillary	7:00-7:45 PM Zumba Hillary	6:05-7:00 PM SPIN/Abs Carol	Child Care Hours Monday-Friday 8:30AM-1:00 PM Monday-Thursday 4:30-8:30 PM Saturday 8:00 AM-12:00 PM	
	7:30-8:30 PM Yoga Kathy		7:05-8:05 PM Yoga Kathy		

Skill of Strength (S.O.S) This strength-only class uses various equipment to work all major muscle groups! Modifications will be offered to challenge advanced participants and accommodate beginners. All fitness levels welcome!

Sculpt to the Max Get ready to increase your cardio level while stepping, burning calories, and sculpting your body using a variety of equipment. All fitness levels welcome!

Total Body Workout Exercises will be performed to help increase strength, and improve metabolism and flexibility. A variety of training equipment and exercises will be used. All fitness levels welcome!

SilverSneakers I-Classic® Have fun and move to the beat of music using a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

SilverSneakers II- Circuit® Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. This class also focuses on stretching and relaxation exercises.

ZUMBA uses a mix of Latin and international music to create a dynamic, fun, and effective cardio workout. The class combines various rhythms with movements that tone and sculpt the body. All fitness levels welcome!

STRONG BY ZUMBA is a combination of body weight, muscle conditioning, cardio and plyometric training moves. You will burn calories while toning arms, legs, abs, and glutes. Experience explosive moves like high knees, burpees, jumping jacks with isometric moves like lunges, squats, and kickboxing. All levels welcome.

SPIN & SPIN/Abs utilizes stationary bikes, motivational coaching, and terrific music to provide you with a great cardiovascular workout. SPIN/Abs will have abdominal work at the beginning or end.

Pre-registration is recommended in the winter only.

Turbo Kick is a combination of intense kickboxing and dance moves all choreographed into high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength, and endurance training. All fitness levels welcome!

Butts & Guts Isolation movements using the abs and buttocks.

Gentle Stretch Using a yoga mat, you will experience flexibility, balance, and strength for the core with proper positioning and breathing. All moves are done on the floor to help protect your back and keep good alignment. All fitness levels welcome!

Muscle Definition A great total body workout with no fancy choreography. You will tone your arms using handheld weights while stepping at a slow rate of speed with abdominal work at the end. All fitness levels welcome!

Low Cardio (BOOM) Strength A low cardio workout designed for all fitness levels. It improves balance, strength, and cardio. Stretching and abdominal work on the floor. All fitness levels welcome!

Yoga Improve your balance and flexibility, get stronger, and relieve stress with flowing poses. All fitness levels welcome!

Spin Interval 101** Low intensity intervals on the Spin bike with intervals using light weights and resistance bands off the bike. All fitness levels welcome. **Pre-registration is recommended in the winter only.**

Boot Camp** Boot camp classes will incorporate cardio, strength, sports drills, and core work all designed to enhance endurance, speed, and strength. Our instructors will change up the classes to keep them new and exciting! Classes may be outside, weather permitting.

Cycle Strength Intervals (C.S.I.) Get ready to sweat! Intense cardio intervals on the spin bike alternate with strength training intervals to give you the ultimate workout. Rev up your metabolism in this challenging class! **Pre-registration is recommended in the winter only.**

MetCon (metabolic conditioning) is high intensity interval training at its best! Strength, cardio, and core will combine to give you a killer workout and an amazing after burn effect!

Core Infusion This one-hour core workout will strengthen your abs, back, and hips using a variety of equipment and exercises. All fitness levels welcome!