






CCC Drop-In Group Fitness Class Schedule


March 2019

Monday
Body Work 5:15-6:15am / Erin
Express 30 6:30 - 7:00am / Missy
SS® Classic 8:30-9:15am / Carisa
SS® Yoga (Fitness Studio) 8:30-9:15am / Nancy
PiYo® LIVE 9:30-10:30am / Leanne
Hatha Yoga (Fitness Studio) 9:30-10:30am / Nancy
TBC 45 12:00-12:45pm / Missy
Deep Water  5:15-6:00pm / Kelly
C2 5:30-6:30pm / Lisa
Zumba® (Fitness Studio) 6:30-7:30pm / Maria
Flow Yoga 7:15-8:15pm / Michelle

Tuesday
Cycle & Strength 5:15-6:15am / Carisa
SS® Splash  8:15-9:00am / Carisa
SS® Yoga 8:30-9:15am / Nancy
Mind, Body & Flow (Fitness Studio) 8:30-9:15am Marie
TBC 9:30-10:30am Missy
Core Training 10:40-11:00am / Missy
Balance & Barre  (Fitness Studio) 10:45-11:30am / Marie
Vinyasa Yoga (Fitness Studio) 5:45-6:45pm / Christy
Strictly Strength 5:30-6:30pm / Sarah
Fitness Yoga 7:15-8:15pm / Tracy

Key
 = Water Aerobics
Free to Non-Members
Geared towards AOA /55+

Wednesday
Body Work 5:15-6:15am / Erin
Cycle Express 30 6:30 - 7:00am / Missy
SS® Classic 8:30-9:15am / Carisa
SS® Cardio Fit (Fitness Studio) 8:30-9:15am / Missy
Strictly Strength 9:30-10:30am / Angie
Pilates (Fitness Studio) 10:45-11:30am / Angie
TBC 45 12:00-12:45pm / Missy
Work It Out  (Fitness Studio) 4:45-5:30pm / Marie
PiYo® LIVE 4:30-5:30pm / Lisa
Zumba® 6:00-7:00pm / Maria
Flow Yoga 7:15-8:15pm / Michelle

Thursday
Cycle & Strength 5:15-6:15am / Theresa
SS® Splash  8:15-9:00am / Missy
SS® Yoga 8:30-9:15am / Marie
Pilates (Fitness Studio) 8:30-9:15am / Angie
C2 9:30-10:30am / Angie
Flow Yoga (Fitness Studio) 9:30-10:30am / Jill
Core Training 10:40-11:00am / Missy
Balance & Barre (Fitness Studio) 10:45-11:30am / Marie
TBC 5:30-6:30pm / Carisa

Class Fees	
Members	Classes Included in Membership
Non-Member	\$6.50 Youth/AOA \$7.50 Adult
SS/S&F Members	SS Classes Included in Membership

Friday
TBC 45 5:15-6:00am / Mary
Cycle Express 30 6:30-7:00am / Lisa
SS® Classic 8:30-9:15am / Mary
SS® BOOM! & Balance (Fitness Studio) 8:30-9:15am / Lisa
Strictly Strength 9:30-10:30am / Missy
Boot Scoot *Registration Required 5:30-6:30pm / KC

Saturday
Express 30 7:50am-8:20am / Rotation
Strictly Strength 8:30-9:30am / Tracy
Kids Yoga (Fitness Studio) *First Saturday of every month 9:00am-9:30am / Theresa
Flow Yoga 9:45-10:45am / Theresa

Schedule is subject to change at any time due to instructor availability and/or class attendance

CCC Group Fitness Class Descriptions

<p>Balance & Barre: This class will help you become stronger and improve balance with a combination of SS Stability class elements, Barre exercises and light stretching. A chair may be used for balance and support.</p> <p>Body Work: A full hour of muscle strength and endurance training to tone and shape your body. No fancy choreography here, just challenging body work!</p> <p>Boot Scoot: Grab your boots and hit the hardwood for a variety of line dancing. Straight out of Kansas, Line Dance Instructor, KC Carlson, will lead you through line dances to music from Brookes & Dunn, Alan Jackson, Garth Brooks and even some non-traditional country music such as Pitbull & Ke\$ha. Get ready to stomp out the work week and kick off the weekend! *Registration required!</p> <p>C2: Who says cardio isn't fun? In this class we will combine cardio and core for a total body challenge. Torch calories and burn fat with high and low cardio combinations while we sculpt our core (abs).</p> <p>Core Training: A quick 20 minutes targeting your entire torso, including back and core muscles. This class is a wonderful complement to all group fitness classes.</p> <p>Cycle & Strength: Looking to effectively train every part of your body? Intervals of cycling and off the bike exercises will help you get the most from a workout! *NEED TO STOP BY THE FRONT DESK FOR BIKE NUMBER*</p> <p>Cycle Express 30: Try this intense cardio workout on indoor bikes for a low-impact, quick 30 minute workout.</p> <p>Deep Water: Effective and challenging cardiovascular workout in deep water, muscle strengthening and flexibility for a total body workout. This class will improve your balance and coordination using water's natural traditional aqua fitness disciplines.</p> <p>Fitness Yoga: Fitness Yoga will make students sweat and work hard, linking a series of poses that create strength, flexibility, endurance and balance. Expect to incorporate extra pushups and core strength as part of the flowing practice. Explore your mental limits, while</p>	<p>releasing stress and tension. All levels welcome.</p> <p>Flow Yoga: This class uses postures and stretches in combination with the breath to develop flexibility and relaxation. Paying special attention to proper alignment of the body to bring balance, strength, and calmness into our lives. All levels welcome.</p> <p>Hatha Yoga: This yoga practice is a gentle hatha flow, friendly for those with wrist or shoulder issues. There are no sun salutations or vinyasas in this practice, just strong steady flow from posture to posture with focus on strength, openness, stillness, awareness and breath.</p> <p>Kids Yoga (Ages 5-10): Find balance, improve coordination, work on large motor movements, increase flexibility, build self-esteem and most importantly—have fun!</p> <p>Mind, Body & Flow: Ground your mind and body in this class flowing poses with your breathe. This class utilizes a chair and is geared towards Active Older Adults. Find mobility in a way that is soft and gentle but also supportive and beneficial. Class concludes with meditation for your mind, body and soul.</p> <p>Pilates: Focus on strengthening and tightening your core while creating long, lean and toned muscles in every part of your body. We will integrate balls, bands and weights to create an overall lean and toned body.</p> <p>PiYo® LIVE: Incorporating dynamic balance, dance conditioning, plyometrics, strength, and functional training emphasizing the athleticism of Pilates and yoga. Not your typical Pilates or yoga class!</p> <p>SS® BOOM! & Balance: A higher intensity dance workout class that improves cardio endurance and burns calories. Break a sweat and have fun! End class with a bit of balance.</p> <p>SS® Cardio Fit: An <i>advanced</i> class for Active Older Adults. This class offers an extended low-impact aerobic section without chair support for 40 minutes. Standing stretches complete the class.</p> <p>SS® Classic: A class specifically for older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of</p>	<p>movement and activity for daily living skills. A chair is used for seated and/or standing support.</p> <p>SS® Splash: Splash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning while using a kickboard to develop strength, balance and coordination.</p> <p>SS® Yoga: Move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.</p> <p>Strictly Strength: This class is for anyone who wants to develop muscular strength and endurance. We'll tackle resistance training that is challenging, hitting every major muscle group.</p> <p>TBC 45: Get the best of both worlds; muscle strength and endurance and cardiovascular endurance in 45 minutes. Using a variety of equipment including steps, weights, balls and bands.</p> <p>TBC: Get the best of both worlds; muscle strength and endurance and cardiovascular endurance. Class will also include balance and core work for a well-rounded workout.</p> <p>Vinyasa Yoga: This practice includes a warm up, sun salutations and other Vinyasa sequences. Prior knowledge of poses help students ease into this practice.</p> <p>Work It Out: Transition from your busy, stressful, on-the-go day, to home, by giving your mind and body some relaxation. Focus on yourself and ease your stress and tension. A chair is used in this class. Mindful warm-up, stretching, Yoga poses and relaxation can be expected in this class.</p> <p>Zumba: Zumba is perfect for everybody and every body! Each class is designed to bring people together to sweat it out. Combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. Enjoy boosted energy and a serious dose of awesome each time you leave class.</p>
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