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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	TBX: H.E.A.T. - Sara B <u>Grp Cycle- Matt C</u>	R.I.P.P.E.D.- Lauren	Just Strength*45min* -Jen Grp Cycle - Ashley	Total Body - Lauren	H.I.I.T. - Jeff Grp Cycle - Jenn T	 The Health & Fitness Center AT WASHTENAW COMMUNITY COLLEGE	
7:00 am		6-Pack 45min- Lauren		6-Pack 45min- Lauren			
7:15 am			<u>Grit *40 min- Ashley</u>			Body Pump - Staff	
8:00am	Body Pump -Ashley Yoga 1 - Kip						Grp Cycle - Katie/Jenny
8:15am					<u>Boot Camp*45 min-Brittany</u>		
8:30 am			HIIT *45 min - Dawn	Arms & Abs*45min - Marina		Grp Cycle - Staff	
9:00 am	Body Pump -Ashley	Yoga Flow 1-2 *75min-Chrissie	Yoga 1 *75min-Diane	Yoga 1-2 *75min - Chrissie	Circuit (fitness floor) - Sara B YogaFlow1-2 *75min-Jessica Total Body - Brandy	<u>Yoga 1*75min</u> - Kip	
9:15am	Yoga 1-2 *75 min -Kip	Step & Strength - Marina		Strength & Stretch - Angie K			
9:30 am			CRT - Debbie TRX Circuit (gym) - Sara B	<u>fundansetique- Marina</u> (Pilates room)		Zumba -Angie G/Krysta Boot Camp (gym) - Jeff	
10:00 am	<u>Grp Cycle- Matt/Kim</u> Mat Pilates 2.0 *45 min-Kathy B				<u>Grp Cycle - Kim</u>		
10:10 am	Sit ' Fit *45 min - Sara B				Sit 'n Fit *45 min - Kathy G		
10:30 am		fundansetique75min-Marina Yoga 1-2 *75min - Chrissie	Stretch - Karen Chair Yoga *45 min - Chrissie	Yoga Flow 2 *75min-Jessica <u>Zumba - Cat/Karen/Krysta</u>	YogaFlow2 *75 min-Jessica	<u>Yoga 2 *75min- Becky/Megan</u> 6-pack*30min- Angie G/Krysta <u>Grp Cycle- Therese/Jeanette</u> Mat Pilates 1.0 - Kathy B	
10:45 am	<u>Yoga Flow 2 *75 min- Ellen</u>						
11:00 am	Step Intermediate-Marina		Mat Pilates 2 - Kathy G		Step Advanced - Lisa	Zumba -Angie G/Krysta Step Adv-Lisa Stretch Marina Pilatesm	
11:30am						PB&J - Kathy B	
noon	6-Pack *30min - Arlene	Butts & Guts *45min-Brandy	<u>Light and Low Gold - Brittany</u> Grp Cycle -Kim	Mat Pilates 1.5-Kathy B Total Body Basics*45min- Arlene	<u>Zumba Gold*45 min - Krysta</u>	Total Body - Angie G/Marina TABATA *30 min-Staff	
12:30 pm						6-Pack *45 min-Staff	
1:00 pm			Yoga 1-2*75min-Jessica				
3:00 pm	Zumba Gold *45 min - Krysta						
4:30 pm		Grp Cycle - Kim		<u>Grp Cycle - Argenta</u>			
5:00 pm		GRIT *30 min- Dominique					
5:30 pm	Butts & Guts- Noura <u>Yoga 1-2 *75min - Sandy</u>	YogaFlow 1-2*75min-Laurie Step Int.-Marina	<u>Grp Cycle - Melissa/Katie</u>	Grp Cycle - Argenta Body Pump -Katie			
6:00 pm	GRIT*30min(gym)- Dominique Mat Pilates 2- Kathy B	Mat Pilates 1.5-Kathy B <u>Grp Cycle - Eleanor</u>	PB&J- Kathy B Boot Camp *45 min(gym) - Jeff	Pilates 1.0- Kathy B		*ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE INDICATED* Class time includes set up, class, and clean up Hours: M-Th 5:00AM-10:00PM, Fri 5:00AM-9:00PM, Sat&Sun 7:00AM-:00PM www.wccfitness.org	
6:30 pm	Body Combat -Melissa <u>Grp Cycle - Katie/Therese</u>		Body Combat-Tara	<u>Yoga Level 2 *75min- Megan</u> GRIT *40 min - Ashley			
7:00 pm	Yoga Flow 1-2 *75 min-Sandy	<u>Yoga 1 + - Laurie</u>					
7:30 pm	<u>Zumba - Becca</u>		<u>Zumba - Alixa</u>	Body Pump-Angelina/Melissa			

Italicized, underlined text indicates one of the following - a new class; or a change in time, day, instructor, location, or class format.

Please observe all class policies when participating in group classes. Policies are posted on class room windows.

Class time includes set-up of equipment, class, and clean-up of equipment.

6 Pack: firm, flatten, sculpt, and strengthen your abs. It takes more than just crunches! Expect some cardio drills to help melt away the layer of fat covering your 6-pack. Intermediate to Advanced Levels.

Arms & Abs: strength building class targeting the arms and abs. Intermediate to advanced levels

Body Pump: a group resistance training class choreographed to powerful music. Weight training with high repetitions and low loads to increase lean muscle mass, build muscle and cardiovascular endurance, and improve posture. All levels

Body Combat: is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

Boot Camp: An action packed class that alternates cardio and strength sets. A variety of equipment is used and the cardio activities vary. Never the same class twice! Intermediate to advanced levels please.

Butts & Guts: Sculpt your abs, core, glutes and legs with functional, multi-planar exercises designed to improve your fitness level and chisel your physique. Upper body work included with special emphasis on abs and lower body. All levels welcome

CRT: Cardio Resistance Training. A total body work-out with a little bit of everything: cardio, strengthening, toning, and stretching. Intermediate to Advanced levels please.

Chair Yoga: gentle and relaxing yoga practiced sitting on a chair with options to stand using the chair for support. Accessible to anyone.

Circuit: An entry-level class led by one of our fitness specialists on the fitness floor. Beginners welcome

bandansetique® A fusion of the dance and fitness worlds. Explore the elements of dance in a fitness format combining barre work, center floor, across the floor, and choreographed pieces. Strengthen your body, feed your soul. All levels welcome!

GRIT: Les Mills' HIIT training is choreographed to powerful music and comes in three flavors – cardio, strength, & plyo. Advanced levels

Group Cycle: This class is filled with various levels of cycling structured to build your endurance and strength.

H.E.A.T.: High Energy Athletic Training. Build muscle and burn fat by integrating short bursts of anaerobic activity within a strength-building class. Intermediate to advanced levels please.

H.I.I.T.: This class uses intervals to elevate heart rate using both aerobic and anaerobic heart rate zones. Increase endurance and strength- it's a fast and furious workout! Intermediate to advanced levels please.

Just Strength: Strength training class using dumbbells, barbells, body weight and more for a total body muscle strengthening workout. All levels welcome.

Light and Low Gold: Low impact cardio paired with strength exercises using light weight. This class will also focus on balance exercises with light stretching-perfect for beginners or seniors.

Mat Pilates: This class will focus on the exercises created by Joseph Pilates over 80 years ago: core, abdominal, and back strength; full body flexibility; posture, and body awareness through controlled breathing and proper alignment.

Level 1: beginners, **Level 1.5:** advanced beginner, **Level 2:** intermediate

PB&J (Pilates, Barre, & Jams (as in music)): The ultimate work-out in one class. Build your foundation on the mat and find the burn at the barre. Intermediate to advanced

R.I.P.P.E.D.: resistance, intervals, power, plyometrics, endurance, diet. One-stop body shock to get results. Advanced levels

Sit 'n Fit: Chair exercise is a great option for people who want to exercise while seated in a chair. Keep joints flexible, build strength, and work on balance and core control to decrease chance of falls. Beginning level

Step: Tap-less step choreography presented in an easy-to-follow format. Focus on lower-body and aerobic endurance. Some step experience helpful for intermediate class. **Advanced class** moves through more complex choreography at a faster pace – step experience helpful.

Step & Strength is 30 minutes of intermediate step and 30 minutes of strength. All levels welcome.

Strength & Stretch: 30 minutes of basic conditioning and 30 minutes of stretching; great way to wind down your work day. Leave feeling relaxed and rejuvenated. All levels welcome!

Stretch: This class format will take you through an entire body stretch. You will find improved muscle flexibility as well as an increased range of motion. All levels welcome!

TABATA: The original HIIT class. 20 seconds high-intensity followed by 10 second recovery. Intermediate to advanced levels please!

TRX® Circuit class limited to 18 participants: A mixture of basic TRX exercises blended with non-TRX exercises – both strength and cardio. All levels welcome!

TB / Total Body: All the major muscle groups using various equipment. All levels welcome.

Total Body Basics: All the major muscle groups using various equipment. All levels welcome. Beginners welcome!!!!

TBX / Total Body X: Total Body eXtreme is for advanced levels.

Yoga: An ancient art and science designed to bring the body into balance. Instruction given in yoga postures with emphasis on the yogic breath, and proper alignment. Cultivate body awareness; improve posture, strength and flexibility. **Level 1** - Beginning, **Level 2** - Intermediate, **Level 3** – experienced (yoga experience required for levels 2 & 3) (Yoga+ level 1 on Tuesdays is a beginning level class with extra time devoted to breath and relaxation.)

Yoga Flow: For students with an understanding of Yoga fundamentals; a flowing practice of Sun Salutations and carefully balanced posture sequences coordinated with the breath. Increases strength & flexibility; leave feeling energized. (Flow classes include Vinyasa, Power yoga, Slow Flow, Kripalu, Anusara, Iyengar styles) (yoga experience required for all levels)

Zumba®: Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the work-out, join the party. All levels welcome! **Zumba Gold®:** slower, simpler, less impact for the less mobile individual. All levels welcome!

Class time includes class set-up; class; as well as clean-up, and storage of equipment

Classes subject to change without notice