

# October 2022 Group Exercise Schedule

| Time     | Monday                                                 | Tuesday                                                                       | Wednesday                          | Thursday                                           | Friday                                               | Saturday                                                                                                                                                                    | Sunday                                  |
|----------|--------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 6:00 AM  | Body Pump-Christina                                    | R.I.P.P.E.D-Brittany                                                          | Just Strength-Jen                  | Total Body-Brittany                                | Body Pump-Ashley                                     |  <b>The Health &amp; Fitness Center</b><br><small>AT WASHTENAW COMMUNITY COLLEGE</small> |                                         |
| 6:30 AM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 7:00 AM  |                                                        |                                                                               |                                    | Cycle-Therese                                      | Cycle-Ashley                                         |                                                                                                                                                                             |                                         |
| 7:30 AM  |                                                        |                                                                               |                                    |                                                    |                                                      | Body Pump-Tara                                                                                                                                                              |                                         |
| 8:00 AM  |                                                        | Mat Pilates 1.5-Kenny                                                         |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 8:30 AM  | Yoga 1-2*60min-Julia<br><i>Barre *60min- Mel GR Rm</i> |                                                                               | Cardio Sculpt-Dawn                 | Yoga Flow 1-2*60min-Sara<br>Barre *60min-Mel GR Rm | <u>Yoga 1-2*60min-Laurie</u><br>Body Pump*60min -Mel | Cycle-Tara                                                                                                                                                                  |                                         |
| 9:00 AM  |                                                        | Body Pump*60min-Mel                                                           |                                    |                                                    | TRX Circuit*60min-Sara B. (gym)                      | Yoga 1-2*60min-Barb                                                                                                                                                         | Mat Pilates 1.5-Kenny                   |
| 9:30 AM  |                                                        |                                                                               | Yoga 1* 60 min.-Sara A.            | Mat Pilates 1.5-Debbie                             |                                                      | Body Pump-Tara                                                                                                                                                              | Yoga Flow 1-2*60 min-Julia              |
| 9:45 AM  |                                                        |                                                                               |                                    |                                                    |                                                      | 6pack Abs*30min-KM/AK Pilates rm                                                                                                                                            |                                         |
| 10:00 AM | Sit n Fit-Krysta                                       | Yoga Flow 1-2*60min-Chrissie                                                  |                                    | Yoga 1-2*60min-Chrissie                            | Cardio Dance-Marina                                  |                                                                                                                                                                             | Tabata-Marina                           |
| 10:30 AM |                                                        | <b>\$\$ Parkinson's Program \$\$</b>                                          |                                    | <b>\$\$ Parkinson's Program \$\$</b>               | Senior Yoga-Jaclyn                                   | Zumba-Krysta/Angelina                                                                                                                                                       |                                         |
| 10:45 AM |                                                        |                                                                               | <u>Sit n Fit - Sara A.</u>         |                                                    |                                                      |                                                                                                                                                                             | <u>Alignment Yoga- Julia Pilates Rm</u> |
| 11:00 AM | Zumba Gold-Krysta<br>Senior Yoga-Sara A.               |                                                                               |                                    |                                                    | Yoga Sculpt*60min-Sara GR Rm                         |                                                                                                                                                                             | Stretch-Marina                          |
| 11:30 AM |                                                        |                                                                               |                                    |                                                    | Meditation*30min-Jaclyn                              |                                                                                                                                                                             |                                         |
| 11:45 AM |                                                        |                                                                               | <u>Stretch- Sara A.</u>            |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 12:00 PM | Meditation*30min-Krysta                                | Total Body Basics-Arlene                                                      |                                    | Total Body Basics-Arlene                           |                                                      |                                                                                                                                                                             |                                         |
| 12:30 PM |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 12:45 PM | Tai Chi-Chris group rm                                 |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 1:00 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 1:30 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 2:00 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 2:30 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 3:00 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 3:30 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 4:00 PM  |                                                        |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 4:30 PM  |                                                        |                                                                               |                                    | Cycle-Ashley                                       |                                                      |                                                                                                                                                                             |                                         |
| 5:00 PM  |                                                        | Flexibility Training- Jaclyn Yoga Rm                                          |                                    | Body Pump-Christina                                |                                                      |                                                                                                                                                                             |                                         |
| 5:30 PM  | HIIT Total Body-Noura                                  |                                                                               | Body Pump-Ashley                   | Power Yoga*60min-Julia                             |                                                      |                                                                                                                                                                             |                                         |
| 6:00 PM  | Cycle-Jennifer L                                       | <u>Cardio Dance -Marina</u>                                                   | Yoga 1-2*60 min - Laurie           | Zumba-Angie                                        |                                                      |                                                                                                                                                                             |                                         |
| 6:30 PM  | Stretch *30min-Noura                                   |                                                                               | <u>Body Combat *60 min - Salma</u> | Mat Pilates 1-Kenny                                |                                                      |                                                                                                                                                                             |                                         |
| 6:45 PM  |                                                        |                                                                               |                                    | Yin Yoga-Julia                                     |                                                      |                                                                                                                                                                             |                                         |
| 7:00 PM  | Yoga 1-2*60 min -Jennifer L                            | <u>Body Combat *60min-Mel</u><br><u>6 Pack Abs *30min - Marina Pilates Rm</u> |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 7:15 PM  | Body Pump*60min-Mel                                    |                                                                               |                                    |                                                    |                                                      |                                                                                                                                                                             |                                         |
| 7:30 PM  |                                                        |                                                                               | Zumba -Rebeca                      |                                                    |                                                      |                                                                                                                                                                             |                                         |

Please register for classes using the app. You may register for classes up to 3 days in advance of class start date. Please arrive to class on time; if you are more than 5 mins. late your spot may be forfeited. Clean all equipment used before putting it away.  
Underlined & Italicized classes mean a new class has been added, new instructor or new time/location for the class.  
**\$\$ Indicates this is a pay for class, must meet enrollment criteria.**

**All classes are 45min. Unless otherwise indicated\***  
 Class time includes set up, class and clean up.  
 Hours: M-Thu 5am-9pm Fri 5am-8pm Sat&Sun 7am-6pm  
[www.wccfitness.org](http://www.wccfitness.org)

**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

**Alignment Yoga:** focuses on improving mind-body connection by providing visual feedback on the body's alignment. The class is practiced in the room with mirrors and detailed explanations on proper alignment in various Yoga poses. Great for people new to Yoga as well as experienced practitioners looking to deepen their understanding of proper alignment and body coordination.

**Barre:** A group class uses a barre as a prop to balance while doing exercises that focus on isometric strength training focusing on proper body alignment. Incorporating light weights, resistance bands and sliding discs creating a blend of cardio, strength training, flexibility, balance and core conditioning in a total body, low impact workout.

**Body Pump:** a group resistance training class choreographed to powerful music. Weight training with high repetitions and low loads to increase lean muscle mass, building 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.

**Cardio Dance:** fuses musical rhythms and choreographed moves along with squats, lunges and even burpees. Have fun while burning tons of calories and toning every part of your body.

**Cardio Sculpt:** All levels friendly. Will kick your cardio into top gear with strength training drills, reps and exercises that will tone and build strength.

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

**Flexibility Training:** Whether you've been telling yourself for years that you're "just not flexible" or you are ready to take it to the next level, this class may be for you! This is not a basic stretch class. Flexibility training is focused on improving and enhancing full-body flexibility & mobility using a blend of modalities based in functional & primal movement principles, yoga & dance technique, and traditional stretching methods. This class is suitable for beginners just starting their bendy journeys, while it can also be geared to the intermediate/advanced student.

**HIIT Total Body:** Sculpt your core, legs, abs, and upper body with high intensity, multi-planar functional exercises designed to improve muscular strength and endurance, and build cardiovascular fitness. Upper body work included with special emphasis on abs and lower body, including plyometrics. Modifications are provided so you can progress at your own pace.

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

**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**

**Meditation:** Participants will learn different breathing techniques, guided imagery, and stretches in order to induce relaxation and a sense of peace. This is a great way to ease the stresses of your life and help you feel refreshed both mentally and physically. Regular meditation can help improve your focus, mood, and sleep capabilities, along with lowering your heart rate and stress hormones.

**Parkinson's Exercise Program:** Classes include warm up, vocalization, agility and cross body movements. Learn boxing sequences, strength training, balance and stretching. Exercise is important for people with parkinson's disease because it helps maintain balance, mobility and the ability to perform daily routines. \$\$\$ **This is a pay for program. Referral and enrollment required.**

**Power Yoga:** A faster paced yoga that is focused on building strength and endurance. An excellent form of yoga for burning calories.

**R.I.P.P.E.D.:** Resistance, intervals, power, plyometrics, endurance, diet. Nutrition services available, visit the front desk for more information. One-stop body shock to get results. **Advanced levels**

**Senior Yoga:** Maintain and build strength, joint mobility, and balance with gentle Senior Yoga. This class offers a slower-paced yoga practice, with many modifications offered to suit all levels of practitioner (including beginners). Connect with body, breath, and mind to find greater physical and mental well-being, improve sleep, reduce stress, move joyfully,

**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

**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.**

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

**Tai-Chi:** A martial art which incorporates slow, synchronized movements performed in a continuous form. Reduce stress and improve your concentration, energy levels, balance, and body awareness through this low-impact exercise.

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

**TRX® Circuit:** A mixture of basic TRX exercises blended with non-TRX exercises – both strength and cardio. All levels welcome.

**Yin Yoga:** Yin is a relaxed, passive style of yoga that involves holding poses, or asanas in Sanskrit, for longer durations and increasing your inner awareness. This includes paying attention to your breath, thoughts, and body sensations. All levels welcome.

**Yoga Flow 1-2:** 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) Level 1 - beginner, Level 2 - Intermediate

**Yoga Sculpt:** Yoga Sculpt is a class dedicated to building strength, stamina & flexibility, designed for the experienced (or intermediate level) practitioner. This is a faster-pace dynamic yoga flow, incorporating free weights and cardio to challenge your body, mind and breath. This class will help you to improve muscle tone while simultaneously increasing joint mobility & endurance. Intermediate Level.

**Zumba®:** Zumba fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. **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**