



Group Fitness Schedule

December

Text MARCFIT to 84483
to receive the latest fitness updates

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Studio A	Cycling -Stef		Cycling - Catherine				
7:00 AM	Studio A		Cycling - Helen		Cycling - Helen			
7:00 AM	Studio B	Bootcamp - Anna		Bootcamp - Anna		Bootcamp - Laura		
7:00 AM	Studio C		Yoga - Kati		Yoga - Lindsey			
8:00 AM	Studio B						Bosu Cardio - Faye	
8:30 AM	Studio A	Cycling - Helen		Cycling - Sharon		Cycling- Miranda	Cycling*-Kathryn	
8:30 AM	Studio C			Pilates -Helen				
8:30 AM	Fit Floor	Cross Training - Shirin		Cross Training - Shirin		Circuit Training - Susan		
8:30 AM	Gym		TRX - Helen		TRX - Helen			
9:00 AM	Studio B	Step - Karrin	Bosu - Faye	Step - Karrin	Bosu - Faye	Step & Core - Mai	Chi eLIGNABAR® Core and More*- Faye	
9:00 AM	Studio C							Yoga- Stef
9:00 AM	Track				Senior Cardio Stroll - Susan			
9:45 AM	Studio C			Feldenkrais - Sharon				
10:00 AM	Fit Floor					Chair Strength - Susan (Party Room)	Fitness 101	
10:00 AM	Studio B	Strength Express - Karrin	eLIGNABAR®- Faye	Strength Express - Karrin	eLIGNABAR®- Faye			
10:00 AM	Studio C					Gentle Yoga - Shirin	Yoga* - Leslie	
10:30 AM	Studio B	Crosskick - Karrin		Crosskick - Karrin		Crosskick - Karrin	Bootcamp 45 - Miranda	
11:00 AM	Studio B		Stretch 45 - Faye		Stretch 45 - Faye			
11:00 AM	Studio C	Pilates - Lauren		Pilates - Claire		Pilates - Claire		
11:30 AM	Studio B	Core Express- Karrin		Core Express - Karrin		Core Express - Karrin		
12:00 PM	Studio A		Cycling 45-Shirin		Cycling 45 - Stef			
12:00 PM	Studio B	Bootcamp 45 - Miranda		Bootcamp 45 - Miranda		Bootcamp 45 - Miranda		
12:00 PM	Studio C	Power Yoga* - Elisa	Yogalates - Laura	Power Yoga* - Carol	Yoga* - Carol	Yoga* - Lauren		
3:00 PM	Studio C						Systema - Mark	
4:00 PM	Studio B	Mini&Me Family Bootcamp - Dawn						
4:00 PM	Studio C							Yoga* - Kristin
5:00 PM	Studio B			Barre - Stephanie				
5:30 PM	Studio B	Pain Free Posture - Dee	Bootcamp - Jess		Bootcamp - Jess			
6:00 PM	Studio A	Cycling - Don	Cycling - Stacey	Cycling - Don	Cycling- Catherine			
6:30 PM	Studio B		BEAST - Miranda					
7:00 PM	Studio C		Yoga - Kristin		Yoga -Mia			
		FREE	HITT	Cardio	Strength	Mind & Body	*60 min +	Registration Only

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced than others but this does not preclude a beginner from attending. Please notify the instructor before starting class to let them know if you are a first time student or beginner.

Barre -A unique workout using the standard ballet barre along with various other fitness equipment.

BEAST Training: Better Endurance and Strength Training! This class is geared toward men who are looking to add variety to their current lifting program, condition for sport, avoid plateauing, or increase their aerobic capacity and athletic abilities. We will combine endurance, power, strength, agility and various forms of equipment to bring your every day gym routine to the next level.

Boot Camp - An effective, time-efficient workout blast for the time-starved participant. This workout builds lean fat burning muscle and torches calories with big multipurpose moves that work every inch of your body.

Bosu - Make use of every core muscle you have while utilizing the bosu for a total body cardio/strength/ core workout hour.

Bouldering Clinic - Learn the skills needed to enjoy flexibility in the vertical world of indoor bouldering. Bouldering isn't just about climbing, it's about yoga and chess with your body. Using the wall as a warm-up or a warm down can add a new dimension to your fitness goals. This drop-in style clinic will be fun, informative and on the wall.

Circuit/Cross Training– Join our certified personal trainers for this intense one hour class. You will get a thorough workout using weight training, cardio, and balance focused exercises. It's also a great way to become familiar with the Fitness Center.

Crosskick - An energizing workout of punch and kick combinations targeted on freestanding bags that will improve power and strength.

Cycling– A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite.

Different workouts include all terrain, strength, endurance and speed techniques.

eLIGNABAR®– A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

Express Classes - When you only have 30 minutes these classes will get the job done utilizing weights and other various equipment

Feldenkrais - This simple effortless movement class will free you from pain, increase your flexibility and mobility . The Feldenkrais Method brings you to a level of awareness where you LEARN where you are holding or creating effort, and how to let go.

Fitness Floor 101 - The PC MARC offers an introductory fitness floor orientation! Learn how the different machines work, the different areas of the fitness floor, etiquette, as well as get answers to any questions you may have.

Gentle Yoga – A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Kickboxing - Kicking and punching drills set to music for an interval style class that will boost your cardio fitness.

Mini&Me- Some of your favorite classes - !

PainFree Posture - Using the **egoscue method** put your body into correct postural alignment through a series (menu) of exercises which will improve function, reduce compensations and return your body to its original functional blueprint.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Power Yoga – Yoga postures that strengthen overall balance, core, flexibility, and focus. All postures connected with the importance of breath and mindfulness.

Senior Cardio Stroll - Come walk the track with us while incorporating other exercises to better cardiovascular strength. Walking poles provided.

Senior Chair Strength - Class will include standing and sitting exercises to better overall strength and balance with minimal equipment.

Step - 60 minutes of step - This is a straightforward serious workout that is guaranteed to give you the results you want.

Strength- 45 minutes to work all the squats lunges and crunches you can!

Stretch - Enjoy 30 minutes for a much needed stretch.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via the breath and being a martial art, utilizes strikes and weapons training to teach our body and psyche in such a way that allows us to identify distress and tension at the point it arises within our self and uncover our own huge potential for stress reduction, growth and rejuvenation within

Tai Chi - Chi Gong - A smooth, flowing type of exercise which develops a greater sense of balance both physically and mentally.

TRX - All level, high intensity, interval training class using the suspension trainer. Challenge yourself both on and off the straps in this total body workout.

Yoga – our instructors teach a variety of levels of flow; both hatha and vinyasa. Classes vary in difficulty. Please let the instructor know if you are new.

Yogilates- Connect your favorite pilates moves through yogaesce sequence and breath.

Zumba – This class contains a full array of Latin and exotic music flavors. The aerobic interval training method used combines fast and slow rhythms providing a large caloric expenditure and leaves you energized. You do not have to know how to dance to ZUMBA!!!

