

GROUP FITNESS CLASSES Jan. 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 	1 NO CLASSES Happy New Year! 8 a.m.–8 p.m.	2 Boot Camp 9–10 a.m. Yoga 10:15–11:15 a.m. Zumba 5–6 p.m.	3 High Fitness 5:15–6:15 a.m. High Fitness 5–6 p.m. Vinyasa Flow 6:30–7:30 p.m.	4 Cardio Kick & Step 9–10 a.m. Power Yoga 10:15–11:15 a.m. Zumba* 11:30–11:50 a.m. *Zumba will be held in the main gym during the Health & Wellness Fair.	5 High Fitness 8–8:30 a.m. Boxcercise 9–10 a.m. Zumba 10:15–11:15 a.m.
7 Beginning Yoga 9–10 a.m. Total Body Circuit 6:30–7:30 p.m.	8 High Fitness 5:15–6:15 a.m. Cardio Kick & Step 9–10 a.m. Zumba 5:15–6:15 p.m. Intermediate Yoga 6:30–7:30 p.m.	9 Boot Camp 9–10 a.m. Yoga 10:15–11:15 a.m. Zumba 5–6 p.m.	10 High Fitness 5:15–6:15 a.m. Boxcercise 9–10 a.m. High Fitness 5–6 p.m. Vinyasa Flow 6:30–7:30 p.m.	11 Cardio Kick & Step 9–10 a.m. Power Yoga 10:15–11:15 a.m.	12 Aerobathon High Fitness 8–8:30 a.m. Total Body Circuit 8:30–9 a.m. Boxcercise 9–10 a.m. Zumba 10–11 a.m. Yoga 11 a.m.–Noon
14 Beginning Yoga 9–10 a.m. Total Body Circuit 6:30–7:30 p.m.	15 High Fitness 5:15–6:15 a.m. Cardio Kick & Step 9–10 a.m. Zumba 5:15–6:15 p.m. Intermediate Yoga 6:30–7:30 p.m.	16 Boot Camp 9–10 a.m. Yoga 10:15–11:15 a.m. Zumba 5–6 p.m.	17 High Fitness 5:15–6:15 a.m. Boxcercise 9–10 a.m. High Fitness 5–6 p.m. Vinyasa Flow 6:30–7:30 p.m.	18 Cardio Kick & Step 9–10 a.m. Power Yoga 10:15–11:15 a.m.	19 High Fitness 8–8:30 a.m. Boxcercise 9–10 a.m. Zumba 10:15–11:15 a.m.
21 NO CLASSES Martin Luther King, Jr. Day 8 a.m.–8 p.m.	22 High Fitness 5:15–6:15 a.m. Cardio Kick & Step 9–10 a.m. Zumba 5:15–6:15 p.m. Intermediate Yoga 6:30–7:30 p.m.	23 Boot Camp 9–10 a.m. Yoga 10:15–11:15 a.m. Zumba 5–6 p.m.	24 High Fitness 5:15–6:15 a.m. Boxcercise 9–10 a.m. High Fitness 5–6 p.m.	25 Cardio Kick & Step 9–10 a.m. Power Yoga 10:15–11:15 a.m.	26 High Fitness 8–8:30 a.m. Boxcercise 9–10 a.m. Zumba 10:15–11:15 a.m.
28 Beginning Yoga 9–10 a.m. Total Body Circuit 6:30–7:30 p.m.	29 High Fitness 5:15–6:15 a.m. Cardio Kick & Step 9–10 a.m. Zumba 5:15–6:15 p.m. Intermediate Yoga 6:30–7:30 p.m.	30 Boot Camp 9–10 a.m. Yoga 10:15–11:15 a.m. Zumba 5–6 p.m.	31 High Fitness 5:15–6:15 a.m. Boxcercise 9–10 a.m. High Fitness 5–6 p.m. Vinyasa Flow 6:30–7:30 p.m.	All classes are FREE For information about classes, contact the Potter Fitness Center. Schedule is subject to change without notice based upon instructor availability. We encourage you to try a variety of classes, there are options for all fitness levels. All instructors hold nationally recognized certifications and are trained in CPR.	

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CLASS DESCRIPTIONS

BEGINNING YOGA: Flow through gentle vinyasas and stretch tense muscles. We take a slower pace and break down poses to get proper form and structure. The use of slow-paced direction and a great level of detail in each asana will help participants become familiar with basic yoga poses and use of the breath.

BOOT CAMP: This course is geared towards all fitness levels. The boot camp workout consists of cardiovascular conditioning (calisthenics and/or plyometrics), strength training (weights, stability ball, resistance bands, medicine balls, glides and kettle bells) and stretching. The instructors vary the exercises and format for every workout, so no two boot camp sessions are the same. Modifications will be offered for beginners and the advanced.

BOXERCISE: Enjoy a functional, fun, high-paced, high-energy form of fitness training. Participants will incorporate boxing concepts in combination with other exercises to maintain a constant workout.

CARDIO KICK & STEP: Cardio kick and step brings a whole new twist to step. It combines Step and Cardio-box, so plan on a lot of fast paced movements and footwork to better improve your aerobic fitness.

HIGH FITNESS: A hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines fun (old and new pop songs) with intensity (interval, plyometrics and cardio) and consistency. Together they make a recipe for success, repeat participation and results! Get addicted to being fit!

INTERMEDIATE YOGA: Designed for those who have a good understanding of the basic yoga postures, and have begun to explore a wider variety of poses and styles. The intermediate student understands the relationship between breath and movement. Great for those who would like to explore their practice and begin to become more familiar with poses and use of the breath.

POWER YOGA: Designed for more experienced yogis with a very solid understanding of basic yoga postures who are comfortable performing more advanced poses. There will be more focus on core and upper body strength as we work through arm balances and inversions through this faster paced vinyasa class.

TOTAL BODY CIRCUIT: Total body workout circuit style. This class offers a variety of cardio, strength, plyometrics and core training. Maximize calorie burn with total body training.

VINYASA FLOW: Vinyasa Flow links our breath with our movement. We build mental resiliency while we grow the relationship between the mind and the body. Classes are challenging and creative, yet relaxing and rejuvenating. We turn up the music and sweat while we strengthen our balance, stabilizer muscles, core and get a full body stretch. Classes are open to all skill levels. Modifications will be given for beginners and advanced tips for those craving more.

YOGA: This class is a chance to experiment with all the facets of yoga. We will study mechanics of breath, arm balances, inversions and meditation; use tools like blocks, straps and the wall; and explore the benefits of emotional release through movement and essential oils. Anything goes in this freestyle yoga class.

ZUMBA: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

