

# Group Fitness

## Fall 2019

**Classes Begin: August 5th**

### Monday

<b>6:00-6:45AM</b> Studio 1	<b>Power Yoga</b> <i>Madi</i>
<b>12:00-1:00PM</b> Studio 2	<b>Cardio &amp; Balance</b> <i>Kara</i>
<b>5:15-6:15PM</b> Studio 1	<b>Core Fusion</b> <i>Clare</i>
<b>5:30-6:30PM</b> Studio 2	<b>BODYPUMP</b> <i>Lydia</i>

### Tuesday

<b>6:00-6:45AM</b> Studio 2	<b>Group Cycle</b> <i>Kara</i>
<b>12:00-1:00PM</b> Studio 2	<b>BODYPUMP</b> <i>Lita</i>
<b>5:15-6:00PM</b> Pool	<b>Water Fitness</b> <i>Clare</i>
<b>5:30-6:30PM</b> Studio 1	<b>Vinaya Yoga</b> <i>Cara</i>

### Wednesday

<b>12:15-1:00PM</b> Court	<b>FREE Healthy U Yoga</b> <i>Lita/Taylor</i>
<b>5:30-6:30PM</b> Studio 2	<b>BODYPUMP</b> <i>Heather</i>

### Thursday

<b>6:00-6:45AM</b> Studio 2	<b>Ride and Shine</b> <i>Madi</i>
<b>12:00-1:00PM</b> Studio 2	<b>BODYPUMP</b> <i>Katie/Corie</i>
<b>5:15-6:00PM</b> Pool	<b>Water Fitness</b> <i>Kara</i>
<b>5:30-6:30PM</b> Studio 1	<b>Power Yoga</b> <i>Brittni</i>
<b>5:30-6:30PM</b> Studio 2	<b>Group Cycle</b> <i>Ellen/Madi</i>

### Friday

<b>12:00-1:00PM</b> Studio 1	<b>Vinaya Yoga</b> <i>Brindl</i>
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### Saturday

<b>10:00-10:45AM</b> CST1	<b>FREE Community Workout</b> <i>Michael</i>
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#### **FREE EVENTS!**

**ZUMBA** w/ Tynesha

August 27th 5:30-6:30PM

September 24th 5:30-6:30PM

October 22nd 5:30-6:30PM

November 19th 5:30-6:30PM

December 17th 5:30-6:30PM

**Studio 2**

## Group Fitness Class Descriptions

### Strength & Cardio

#### Cardio & Balance

This class encompasses aerobics & exercises for strengthened stability. This class is engineered for total-body improvement.

#### BODYPUMP

Les Mills BODYPUMP is a weights class for everyone. Using light to moderate weights with lots of repetitions (reps), BODYPUMP gives you a total-body workout that brings your strength to new heights.

#### ZUMBA

This exhilarating dance class to various music hits uses easy-to-follow moves combining fast and slow rhythms to tone and sculpt your body. Fun choreography keeps you moving & grooving!

#### Community Workout

This group training provides a total body workout for any fitness level. Challenge yourself in this dynamic, full-body workout! ALL fitness levels welcome. Options and adaptations will be provided!

### Aqua & Cycle

#### Water Fitness

This invigorating class, held in the pool, improves conditioning, muscular strength and endurance using the buoyancy & resistance of the water; giving you a safe and effective workout.

#### Ride and Shine

Start your morning our with an exhilarating ride. We will get you going with heart pumping music as you crush out some miles to the latest hits and some oldies, but goodies.

#### Group Cycle

Using a stationary studio cycle, intensity can be increased or decreased by changing the resistance on the flywheel. Cycling builds endurance and trails leg muscles to be strong while be kinder to knees & ankles.

### Mind/Body

#### Core Fusion

Use the fundamentals and principles of Yoga & Pilates to work on strength, precision and flow of movement. This class is all about creating a strong core for control and balance.

#### Vinyasa Yoga

A dynamic yoga class focusing on mobility, flexibility, strength, & relaxation. Classes include various props to take all experiences to a new level. Options will be offered for all yoga experiences.

#### Power Yoga

A physically intense power vinyasa flow class to boost your yoga practice & improve your overall health. A challenging class that welcomes any level of yoga attendee.

#### Healthy U Yoga

This inclusive yoga practice is focused on stretching and breathing in each yoga pose. This 45-minute workout will help reduce your stress and calm your mind. All fitness levels welcome!

## Group Fitness Class Policies

- Classes having low participation numbers will be changed.
- Classes are subject to change of instructor, format, time, or cancellation at any time.
- Please notify the instructor of any injuries or medical conditions prior to the start of class.
- Please wear appropriate athletic clothing and closed toed shoes (except for Mind/Body classes).
- For the respect and safety of all participants, cell phone usage during class is strictly prohibited.
- Class participants must have a membership to Kirmayer to obtain access to classes (except free classes).

Register for classes online or  
download the mobile app!



**\*\*Please check online for class updates including:  
changes, substitutions, and cancellations\*\***