

GT45

Metabolic Training

SUMMER CLASS SCHEDULE

Schedule Begins: August 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Strength 6:00-6:45AM	 Cycle 6:00-6:45AM	 Anaerobic 6:00-6:45AM	 Cycle 6:00-6:45AM	 Strength 6:00-6:45AM	
		 MYZONE 11:30-12:00PM			 Community Workout 10:00-10:45AM
 MYZONE 12:00-12:45PM	 Strength 12:00-12:45PM	 FREE Healthy U Yoga 12:15-1:00PM	 Anaerobic 12:00-12:45PM	 Strength 12:00-12:45PM	
	 Total Body 5:30-6:15PM		 Total Body 5:30-6:15PM		

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GT45-Metabolic Training

ALL classes are 45-minutes in duration



Small group training provides members a fitness program and guidance they desire, but at in a more cost friendly option than purchasing individual one-on-one Personal Training sessions.

Class Name	Description
Strength	These days of the week are for increasing muscular strength in both the upper and lower body. Varying numbers of reps for each class makes for a different, yet challenging workout every time! These classes focus on proper lifting technique to improve your body's overall strength.
Anaerobic	With a focus on power and proper exercise execution, these classes provide an intense full-body workout with varying intervals of work and rest. Classes can include high impact (jumping) exercises or options to not jump in order to increase participant's heart rate.
Total Body	These group classes provide a total body workout. Classes will incorporate both strength and anaerobic movements. Join us for an excellent workout for both your muscles and cardiovascular system!
Cycle	With a stationary studio cycle, intensity can be increased or decreased by changing the resistance on the flywheel. These classes train leg muscles to be strong while being kinder to knees and ankles. With an aerobically intense workout, a water bottle and towel are highly recommended .
MYZONE	Utilizing a MYZONE belt, ones heart rate changes are detected in real-time during the workout. These classes will be tailored to greatly improve one's cardiovascular system by staying in certain colored heart rate zones. The MYZONE belt monitor is required for this class.
FREE Healthy U Yoga	This inclusive yoga practice is focused on stretching and breathing in each yoga pose. Each class begins with a slow, introduction to the yoga basics. This 45-minute workout will help reduce your stress and calm your mind. Mats will be provided and all yoga levels welcome to attend!
FREE 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 modification will be provided!