

SPRING 2019 GROUP FITNESS

REVISIONS MARCH 1ST



MONDAY

- 2** 12PM Cardio & Balance w/ Kara
- C** 12PM MYZONE w/ Phil
- 1** 5:15PM Vinyasa Yoga w/ Emily
- 2** 5:30PM BODYPUMP w/ Katie

TUESDAY

- 2** 6AM Ride N Shine w/ Mo
- 2** 12PM BODYPUMP w/ Corie
- P** 5:15PM Water Fitness w/ Jessi
- 1** 6PM Sunset Yoga w/ Cara

WEDNESDAY

- C** 12:15PM Healthy U Yoga w/ Lita
- 2** 5:30PM Hit It Hard w/ Chaise

COLOR CODE:	CLASS
MIND/BODY	DURATION:
AQUA & CYCLE	30 min
CONDITIONING	45 min
STRENGTH	55 min
FREE	
CLASS LOCATION:	
1 Studio 1	2 Studio 2
P Pool	C Court/CST1

THURSDAY

- 2** 6AM Group Cycle w/ Duro
- 1** 12PM Vinyasa Yoga w/ Corie
- P** 5:15PM Water Fitness w/ Kara
- 2** 5:30PM BODYPUMP w/ Lydia
- 1** 5:30PM Mat Pilates w/ Clare
- 2** 6:45PM Barre None w/ Clare

FRIDAY

- 2** 12PM BODYPUMP w/ Lita

SATURDAY

- C** 10AM Community Workout

Monthly **FREE ZUMBA** Events!

January 22nd @ 5:30PM
 February 26th @ 5:30PM
 March 26th @ 5:30PM
 April 23rd @ 5:30PM
 May 28th @ 5:30PM

Located in **Studio 2** w/ **William**

KIRMAYER GROUP FITNESS

SPRING 2019

GROUP FITNESS CLASS DESCRIPTIONS:

MIND/BODY	AQUA & CYCLE	CONDITIONING	STRENGTH	FREE CLASSES
<p>Vinyasa Yoga A dynamic yoga class focusing on mobility, flexibility, strength, and relaxation. These classes could include various props along with bodyweight such as: blocks, foam rollers, and straps to take all experiences to another level. Options will be offered for all yoga experience levels.</p> <p>Mat Pilates Use the fundamentals and principles of Pilates to work on strength, precision and flow of movement. This class is all about creating a strong core or “powerhouse” for control and balance.</p> <p>Sunset Yoga This discipline is a challenging, yet creative form of yoga; where movements switch between faster and slower paces. This class focuses on strength, balance, and control. All yogi levels are welcome.</p>	<p>Water Fitness This invigorating class, held in the pool, improves cardio conditioning, muscular strength and endurance using the buoyancy and resistance of the water giving you a safe and effective workout.</p> <p>Ride N Shine Start your morning out 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.</p> <p>Group Cycle Using a stationary studio cycle, intensity can be increased or decreased by changing the resistance level on the flywheel. Cycling builds endurance and trains leg muscles to be strong while being kinder to knees and ankles.</p>	<p>Hit It Hard In this non-contact class, we combine basic boxing with kickboxing techniques to provide a fast-paced, explosive total body workout. All classes will include a brief overview techniques. All levels of experience welcome!</p> <p>MYZONE Utilizing a MYZONE belt, ones heart rate changes are detected in real-time during the workout. These classes will be tailored to improve one’s cardiovascular system by staying in certain “colored” heart rate zones. The MYZONE belt monitor is required for this class.</p>	<p>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 fitness to new heights.</p> <p>Cardio & Balance This class encompasses aerobic endurance and strengthened stability. Focusing on high energy and high intensity, this class is engineered for total-body improvement!</p> <p>Barre None These barre workouts are great for a thigh, booty, and core blaster – great for beginners or experienced barre enthusiasts!</p>	<p>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!</p> <p>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, modifications, and adaptations will be provided!</p> <p>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 and grooving!</p>

Register for classes online or download the mobile app!



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

GROUP FITNESS CLASS POLICIES:

- Classes having low participation numbers will be changed.
- Classes are subject to change of instructor, format, time, or cancellation.
- 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 class formats).
- For the respect and safety of all participants, cell phone usage during class is strictly prohibited.
- Class participants must have a membership to Kirmayer and pay for Group Fitness classes to obtain access.
- Classes begin on time. Please arrive 10-minutes prior to Cycle & MYZONE classes and 5-minutes prior to all other classes.