SUMMER 2021 GROUP FITNESS
SCHEDULE CHANGES: JULY 6TH

MONDAY

V/2 45' 12:00PM HIIT w/ Corie
2 45' 5:30PM BODYPUMP w/ Rhiannon

TUESDAY

2 45' 12:00PM BODYPUMP w/ Lita
V/2 45' 4:30PM HIIT w/ Bethany
V/1 55' 5:30PM Vinyasa Yoga w/ Cara
2 45' 5:30PM Bootcamp w/ Clare

WEDNESDAY

V 45' 12:15PM Healthy U Yoga w/ Brittni

THURSDAY

V 45' 12:00PM BODYPUMP w/ Lydia
V/2 45' 4:30PM HIIT w/ Bethany

FRIDAY

V 45' 12:00PM Vinyasa Yoga w/ Lucinda

COLOR CODE:
MIND/BODY
CONDITIONING
STRENGTH

CLASS DURATION:
45 min
55 min

CLASS LOCATION:
V Virtual, via Zoom
1 In-Person, Studio 1
2 In-Person, Studio 2

Scan the QR Code below with your smart phone camera to sign up!

3901 RAINBOW BLVD. KANSAS CITY, KS 66160 913.588.1532 KIRMAYER@KUMC.EDU
GROUP FITNESS CLASS DESCRIPTIONS:

**MIND/BODY**

**Vinyasa Yoga**
A dynamic yoga class focusing on mobility, flexibility, strength, and relaxation. Options will be offered for all yoga experience levels.

**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!

**CONDITIONING**

**HIIT**
High Intensity Interval Training has the primary focus of short, intense bouts of exercise. HIIT combines several modes of training to confuse the muscles and help you break your exercise plateaus. A class for all fitness levels.

**Bootcamp**
We want to keep you guessing and challenge you differently in every class! Workouts are designed to improve your overall fitness—strength, cardio, agility and endurance!

**STRENGTH**

**BODYPUMP**
Les Mills BODYPUMP is a weight lifting 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.

GROUP FITNESS CLASS POLICIES:

- Limited in-person class spots are available. In-person participants will be distanced and masked.
- Advanced registration for classes is required. Registration closes 30-minute prior to class start.
- If you cannot attend, you must cancel your registration prior to class.
- Classes having low participation numbers may 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 class starting.
- Class participants must have a valid membership to Kirmayer OR pay for a Group Fitness pass to obtain access to classes.
- Only group fitness class participants are allowed to exercise with the class.
- Classes begin promptly on time. Please join class early.
- Please wear appropriate athletic clothing & closed toe shoes (except Mind/Body classes).
- For the respect and safety of all participants, cell phone usage during class is strictly prohibited.

Register for classes online via the Kirmayer Fusion Portal!

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