



3C's FAMILY RECREATION CENTER

FALL GROUP EXERCISE SCHEDULE

August 28—November 26, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00a CSI	5:15-6:00a Boot Camp	5:15-6:00a CSI	5:15-6:00a Boot Camp	5:15-6:00a CSI	8:00-8:45am TRX FUSION
	9:00-10:00a Strength Training for Older Adults	9:00-9:45a Beginner Yoga	9:00-10:00a Strength Training for Older Adults	9:00-9:45a Beginner Yoga	9:00-10:00a Strength Training for Older Adults	9:00-9:45am Yoga-Pilates Fusion
		11:45-12:30p TRX FUSION		11:45-12:30p TRX FUSION		
	6:00-6:45p Cycle 360	6:00-6:45p TRX Fusion	6:00-6:45p Cycle 360	6:00-6:45p TRX Fusion		
	7:00-7:45p Pilates		7:00-7:45p Pilates			

**You can register at
any time for any
Group Exercise
Class or pay a
drop in rate of
\$5 per class.**

Class Name:	Instructor:	Fees :	
		Member:	Non-Member:
CSI (Cardio Strength Interval) M/W/F	Heather	\$60	\$75
Boot Camp T/TH	Heather	\$52	\$67
Strength Training for Older Adults M/W/F	Heather	\$30	\$45
Beginner Yoga T/TH	Heather	\$30	\$45
TRX FUSION T/TH	Heather/Tonya	\$52	\$67
Cycle 360 M/W	Laurie	\$52	\$67
Pilates M/W	Laurie	\$52	\$67
Fit RX S	Heather	\$32	\$47
Yoga-Pilates Fusion S	Heather	\$32	\$47



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STRENGTH TRAINING FOR OLDER ADULTS

Muscular Strength & Range of Movement. Have fun and move to the music while doing various exercises designed to increase strength, range of movement, and activity for daily living. This class is for the older adult that wants to grow stronger, healthier, more active and more independent. Class is instructed by Heather Denger.

PILATES

The class focuses on proper breathing and is designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Class instructed by Laurie Oxley.

BOOT CAMP

Challenge your cardiovascular and muscular fitness in this circuit-style class including a mix of calisthenics, free weights, ply-o-metrics, and an assortment of equipment for a variety of exercises each session. Each class the instructor will vary the format to keep your muscles guessing. Class is instructed by Heather Denger.

CSI (Cardio Strength Interval)

Get a challenging total body workout with this 45 minute morning fat blaster. Alternate between Cardio, Strength and Abdominal Exercises to sculpt a buff beautiful you. Always something different. Class instructed by Heather Denger.

BEGINNER YOGA

Beginners Yoga is a gentle way to learn about yoga in a safe a relaxing atmosphere. You will learn the benefits of yoga by incorporating basic yoga postures, proper yoga breathing and relaxing techniques. Class instructed by Heather Denger.

YOGA-PILATES FUSION

Yoga-Pilates Fusion is the perfect blend of Pilates and Yoga to emphasize strength, balance, and flexibility. Build your core strength, elongate your muscles, burn some calories, and calm your mind all in one workout! Class is instructed by Heather Denger.

TRX FUSION

This Boot Camp Style Class uses the TRX Suspension trainer alongside a wide variety of other equipment including Plyometric Boxes, Heavy Rope, Kettle Bells, Dumb Bells, Bands and Medicine Balls. This challenging workout will get your heart pounding and your fat melting. Class instructed by Heather Denger.

CYCLE 360

Class combines indoor cycling combinations, strength and core training to provide a great aerobic workout while strengthening upper body and core. Class instructed by Laurie Oxley.