



3C's Family Recreation Center

Summer Group Exercise Schedule

June 6—August 27, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00a CSI ----- 9:00-10:00a Strength Training for Older Adults -----	5:15-6:00a Spin Circuit ----- 9:00-9:45a Beginners Yoga ----- 11:45a-12:30p TRX Fusion ----- 6:00-6:45p TRX Fusion	5:15-6:00a CSI ----- 9:00-10:00a Strength Training for Older Adults -----	5:15-6:00a Spin Circuit ----- 9:00-9:45a Beginners Yoga ----- 11:45a-12:30p TRX Fusion ----- 6:00-6:45p TRX Fusion	5:15-6:00a CSI ----- 9:00-10:00a Strength Training for Older Adults	



TRIAL WEEK
*Monday, May 30– Friday,
June 3* you can come in
 and try group exercise
 classes for **FREE**.

Class Name:	Instructor:	Fees :	
		Member:	Non-Member:
Spin Circuit (T/TH)	Laurie	\$52	\$67
CSI (Cardio Strength Interval) M/W/F	Heather	\$60	\$75
TRX Fusion (T/TH)	Heather	\$52	\$67
Strength Training for Older Adults M/W/F	Heather	\$30	\$45
Beginners Yoga T/TH	Heather	\$30	\$45

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



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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.

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.

BEGINNERS YOGA

Beginners Yoga is a gentle way to learn about yoga in a safe and 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.

SPIN CIRCUIT

This full body workout incorporates indoor cycling with intervals of strength training using weights, bands, medicine balls, etc. If you love indoor cycling classes then you'll love this class with some added muscle building exercises. Class instructed by Laurie Oxley.

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.