



3C's Family Recreation Center

Fall Group Exercise Schedule

August 24th—November 21st, 2020

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	9:00-10:00a Yoga
	9:00-10:00a Strength Training for Older Adults	11:45a-12:30p TRX Fusion	9:00-10:00a Strength Training for Older Adults	11:45a-12:30p TRX Fusion	9:00-10:00a Strength Training for Older Adults	
		6:00-6:45p TRX Fusion		6:00-6:45p TRX Fusion		
				7:00-8:00p Yoga		

You can register at any time for any Group Exercise Class or pay a drop in rate of \$5.00 per class.

You may also register at any time for the remainder of the session at a Pro-Rated Fee.

Class Name:	Instructor:	Fees :	
		Member:	Non-Member:
CSI (Cardio Strength Interval) M/W/F	Heather	\$62	\$77
Strength Training for Older Adults M/W/F	Heather	\$32	\$47
Yoga Thursdays <i>OR</i> Saturdays	Erin	\$39	\$54
Boot Camp T/TH	David	\$54	\$69
TRX Fusion T/TH AM <i>OR</i> PM	Heather/Tonya	\$54	\$69

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.
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 instructed by David Wilcox.
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.
Yoga	This one-hour long class is beginner friendly. Class focused on synchronizing breath and movement. Flexibility is not required. Join us to calm your mind and body. Class instructed by Erin Luense.
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/Tonya Becker.