



# 3C's Family Recreation Center

## JANUARY GROUP EXERCISE SCHEDULE

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 <i>Boot Camp IN GYM</i>  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 <i>Boot Camp IN GYM</i>  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	9-:945am <i>Yoga/Pilates Fusion</i>



**GROUP EXERCISE  
CLASSES ARE  
FREE  
FOR 3C MEMBERS**

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**NON-MEMBERS:**  
Drop-in rate is \$5.00 per class.

Class Name:	Instructor:	Non-Member Fee/Month:
CSI (Cardio Strength Interval) M/W/F	Heather	\$30/month
Strength Training for Older Adults M/W/F	Heather	\$18/month
TRX Fusion T/TH AM OR PM	Heather/Tonya	\$24/month
Yoga-Pilates Fusino	Heather	\$13/month
<b>Strength Training for Older Adults</b>	Muscular Strength & Range of Movement. Have fun and move to the music while doing 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.	
<b>CSI (Cardio Strength Interval)</b>	Get a challenging total body workout with this 45 minute morning fat blaster. Alternate between Cardio, Strength and Abdominal Exercises to sculpt a stronger you. Class instructed by Heather Denger/Alex Greenfield.	
<b>Boot Camp</b>	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.	
<b>TRX Fusion</b>	This Boot Camp Style Class uses the TRX Suspension trainer alongside a 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	
<b>Yoga-Pilates Fusion</b>	The perfect blend of Pilates and Yoga to emphasize strength, balance and flexibility. Build your core strength, elongate your muscles, while burning calories and calming your mind at the same time. Class instructed by Heather Denger.	