

WATSON WELLNESS CENTER

In-Person Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>5:30-6:15am</u> <i>Bootcamp</i> David		<u>5:30-6:15am</u> <i>Bootcamp</i> David	
	<u>9:00-10:00am</u> <i>Aqua Fitness</i> Lynn		<u>9:00-10:00am</u> <i>Aqua Fitness</i> Lynn	
<u>9:30-10:15am</u> <i>Better Your Bodies</i> Mike		<u>9:30-10:15am</u> <i>Better Your Bodies</i> David		<u>9:30-10:15am</u> <i>Yoga</i> Megan
<u>12:15-12:45pm</u> <i>HIIT</i> David				
<u>5:15-6:00pm</u> <i>Kickboxing Circuit</i> Gage			<u>4:30-5:15pm</u> <i>Core Restore</i> Gage	← In Group Fitness Room (By front desk)

All fitness levels are welcome! Please see reverse for class descriptions.

In person classes are held in the gymnasium.

CLASS DESCRIPTIONS

- **Better Your Bodies-** A full body workout for any level that begins with cardio, transitions to strength, and finishes with full body mobility giving you everything your body needs to be at its best.
- **Cycle Strength-** Ride your way to cardio fitness with bursts of strength training to round out your workout.
- **Yoga-** Efficiently build strength and flexibility, all while bringing your body into a state of harmony with controlled breathing, stretches, and bodyweight poses.
- **Bootcamp-** This circuit style strength class will keep you moving while building strength.
- **Kickboxing Circuit-** An invigorating circuit style workout that will have you jabbing, upper cutting, and kicking your way to a healthier body.
- **Aqua Fitness-** Join this class for a total body workout that won't stress your joints. Performing a variety of exercises in the pool to a great soundtrack will keep you motivated.