



Associate Wellness Center

In-Person Group Exercise Schedule

All fitness levels are welcome!

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:00a				<i>Bootcamp Marion</i>	
10:00 – 10:45a		<i>Yo-Chi Laura</i>	<i>Water Aerobics Laura</i>		
3:30 – 4:00p		<i>Interval Circuits Alex</i>		<i>Indoor Cycling Laura</i>	
4:00 – 4:30p	<i>DB Build & Burn Alex</i>				
6:00 – 6:30p			<i>Interval Circuits Alex</i>		

Class Descriptions

Bootcamp: Your full body workout, each class is created to challenge cardio fitness and build strength!

DB Build & Burn: In this full body class we use various weights to build muscle strength while working at a pace designed to improve cardio and burn calories!

Indoor Cycling: This class is an indoor cycling class that will take you through a mix of high-intensity intervals, steady-state cycling, hills and recovery phases for a great cardio and strength mix!

Interval Circuits: This is a timed Tabata/stations class where we move to different exercise stations working on strength, cardio and flexibility for a full body workout!

Water Aerobics: Get your workout done in the pool. This class combines cardio, strength & flexibility for a full body workout that is easy on the joints. You do not need to know how to swim!

Yo-Chi: This class is a fusion of Yoga & Tai Chi created by Lawrence Biscontini. It is a mind-body workout that will strengthen, lengthen and calm the whole body!