

Associate Wellness Center

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Static Stretching 10:00 - 10:45am	Water Aerobics 10:00 - 10:55am	Water Aerobics 10:00 - 10:55am	Yo-Chi 10:00 - 10:55 am	AM Core 5:30 - 5:50 am
Lunch time Core 12:30 - 12:50 pm	Cycle Intervals 12:30-12:50 pm	Yo-Chi 12:30-12:50 pm	Cycle Intervals 12:30-12:50 pm	
Metabolic Conditioning 3:30 - 4:15 pm	Interval Circuits 3:30 - 4:15 pm	Metabolic Conditioning 3:30 - 4:15 pm	Metabolic Conditioning 3:30 - 4:15 pm	
Strength Lab 7:00 - 8:00 pm	Strength Lab 7:00 - 8:00 pm	Strength Lab 7:00 - 8:00 pm	Strength Lab 7:00 - 8:00 pm	

AM Core: Start your weekend off early on Friday and work your core. This will be a non-stop core work-out first thing Friday morning focused on strengthening your abs and lower back.

Cycle Intervals: This class 20-minute class is a quick bicycle-based workout. Expect some intervals with resistance exercises and tabatas to challenge your heart rate.

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

Lunch time Core: This class led by Doug is a 20 minute class just focusing on your core. Stop by just for the class or add it to your existing workout.

Metabolic Conditioning: This class led by Scott focuses on mixing aerobic and anaerobic exercises to more fully activate your metabolism. Expect a mix of exercises forms.

Static Stretching: This class led by Scott is a mix of traditional static stretching, isometrics, and some foam rolling. It is more challenging than it seems but the point is to help your muscles lengthen to improve range of motion and reduce tension.

Strength Lab: Strength Lab is a structured group strength class centered on the big barbell lifts. Each session focuses on one primary lift, followed by two accessory movements to build strength, balance muscle development, and reduce injury risk.

Water Aerobics: This class led by Laura allows you to get your workout done in the pool. The class combines cardio, strength and 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 led by Laura is a fusion of Yoga and Tai Chi that was created by Lawrence Biscontini. It is a mind-body workout that will strengthen and lengthen as well as energize and calm the body all at the same time!