



# CYCC Group Fitness Schedule

Effective 3.4.24

## MONDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
1:30-2:00 pm	Chair Yoga: Level 1	MPR	Kara
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat
7:30-8:00 pm	Beginner Yoga: Level 2	MPR	Kara

## WEDNESDAY

Time	Class	Location	Instructor
6:30-7:30 am	Zumba® Step	MPR	Suzy
8:00-9:00 am	Zumba® Toning	MPR	Suzy
9:30-10:00 am	Senior Balance	MPR	Maddison
1:00-2:00 pm	Strength For Women	WC	Luke
2:00-2:30 pm	Dynamic Core	WC	Maddison
5:30-7:30 pm	Strength	WC	Luke

## FRIDAY

Time	Class	Location	Instructor
7:00-7:30 am	Sun Yoga: Level 3	MPR	Kara
8:00-8:45 am	Chair Yoga: Level 1	MPR	Kara
8:00-8:45 am	Cardio Kick	GYM	Amanda
10:15-11:15 am	Strength Express	WC	Luke
2:30-4:00 pm	Line Dancing	MPR	John
4:15-5:00 pm	Functional Fitness	MPR	Maddison
5:30-6:00 pm	Dynamic Core	WC	Maddison

## TUESDAY

Time	Class	Location	Instructor
8:00-8:45 am	Cardio Kick	MPR	Amanda
3:45-4:30 pm	Youth Orientation	WC	Luke
5:15-5:45 pm	Upper Cut	WC	Maddison

## THURSDAY

Time	Class	Location	Instructor
6:30-7:30 am	STRONG by Zumba®	MPR	Suzy
8:00-9:00 am	Zumba®	MPR	Suzy
9:15-9:45 am	Floor Yoga: Level 2	MPR	Kara
1:15-2:15 pm	Yoga Flow: Level 3	MPR	Kara
4:00-5:00 pm	Strength For Women	WC	Luke
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat
7:15-7:45 pm	Cycle	MPR	Luke

## SATURDAY

Time	Class	Location	Instructor
8:00-9:00 am	Super Saturday	MPR	Varies

### Yoga levels:

**Level 1** : No experience needed

**Level 2**: Beginner-Intermediate

**Level 3**: Advanced

Classes require a class pass. Passes are available at the Front Desk. Valid membership or day pass also required. All group fitness classes are taught by qualified instructors. CYCC provides all equipment needed for class; however, some class sizes may be limited due to available equipment.

- ♦ All **adult (19+)** class passes are **\$5.00/class**
- ♦ All **youth (18 and under)** class passes are **\$2.00/ class**
- ♦ Passes can be purchased at the front desk.
- ♦ Please turn your pass into your instructor.
- ♦ You may try **each** class for **free the first time**.
- ♦ Children ages 12 and older are welcome to take **any** fitness class
- ♦ Class pass punch cards are available for purchase at the front desk.
- ♦ All equipment for classes is provided; however, some class sizes may be limited due to available equipment or space.
- ♦ Please understand that due to unforeseeable circumstances classes may need to be cancelled. When these situations arise we will post the information as quickly as we can in the most obvious locations (typically our lobby board and social media) and appreciate your understanding.
- ♦ You are encouraged to call the center at 715-854-3109 prior to coming to class.

## Class Descriptions

**Beginner Yoga (LEVEL 2)** will have gentle stretches, gentle strength, and gentle balancing.

**Cardio Kick** is a fun, action-packed *workout* that combines a series of punching and kicking combinations, this *class* improves strength, muscle tone and endurance.

**Chair Yoga (LEVEL 1)** is the practice of performing traditional yoga postures seated in, or with the aid of, a chair with the intended goal of improving flexibility, balance, posture, and muscular endurance.

**Cycle** is a stationary biking class that focuses on cardio as well as a total body workout. Pedaling through hill climbs, sprints, and other challenging drills while listening to heart pumping, inspiring music. All fitness levels welcome. Bring water and be ready to roll!

**Dynamic Core** is designed to sculpt and strengthen your core using a dynamic blend of bodyweight exercises, free weights, and machine-based movements. This high-energy session is open to all fitness levels, focusing on building core strength while promoting overall stability and balance.

**Floor Yoga (LEVEL 2)** practice that is done on the floor. Some postures offered in this class will challenge your mind and body, while others will release built up tension. After class you will leave feeling relaxed, strong, and determined.

**Functional Fitness Fusion** is a class that provides a well-rounded functional fitness workout that targets various muscle groups with light weights. Functional Fitness Fusion is open to all levels of fitness and can be modified to each person's ability level.

**Senior Balance** will enhance stability and reduce the risk of falls, boost confidence in daily activities, and overall well-being in a fun and supportive environment. Our instructor will guide you through a variety of exercises, from gentle stretches to balance challenges.

**Strength** will focus on utilizing strength building techniques such as proper warm up, correct form, breathing and stretching to improve muscular strength, size and endurance. Class will include key strength building exercises including but not limited to: Bench press, pull ups, squats, deadlifts and much more! Appropriate for Beginners to Advanced levels of fitness.

**Strength Express** is a fast-paced CrossFit style Circuit training Strength/HIIT class with the focus being on building strength as fast and as efficiently as possible while also getting a great cardiovascular exercise as well. Class will include key strength building exercises including but not limited to: bench press, pull-ups, squats, deadlifts and much more! Appropriate for Beginner to Advanced levels of fitness.

**Strength for Women** is a fast-paced circuit training class, each circuit consists of 2-3 strength exercises with 1 cardio exercise. This class focuses on building strength performing compound exercises but also accessory exercises including but not limited to bench press, shoulder press, squats, deadlifts, bicep curls, triceps extensions and much, much more! Appropriate for Beginner to Advanced levels of fitness.

**STRONG by ZUMBA®** is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition... In a **STRONG by ZUMBA®** class, music is the key element.

**Sun Yoga (LEVEL 3)** is a morning wake up class. Start out your day right by waking up your body and mind through various postures and mindful practices.

**Super Saturday** will include a variety of fitness formats to broaden the horizons of exercise, including but not limited to HIIT, Strength, Cardio, Dance, or Yoga. One fitness format incorporated into each class session. Class is offered every Saturday, instructed by either Amanda, Suzie, Kara, Maddison, or Luke!

**Upper Cut** is a great upper body workout for beginners! Dumbbells will be used to improve muscular strength and endurance in the shoulders, biceps, triceps, and chest.

**Yoga Flow (LEVEL 3)** is a faster paced yoga class, working to open the hips, strengthen the legs, improve balance, and focus on intentional breathing. Listening to your body is key to getting the most out of this workout! Have fun challenging yourself, when you feel ready, to advance into different postures.

**Youth Orientation** is for youth ages 11-14 to learn how to use the Wellness Center's equipment as well as what muscle groups are being worked while using the equipment.

**ZUMBA®** is a fusion of Latin and International music/dance themes that create a dynamic & exciting atmosphere. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Zumba® is based on the principle that a workout should be "FUN & EASY TO DO."

**ZUMBA® STEP** Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**ZUMBA® TONING** is a fun full body sculpting class synced to the rhythms of music. Emphasis on toning and sculpting to define your muscles. Added resistance by the use of weights will target zones, including arms, core and lower body. Results will be improved strength and muscle tone.