



CYCC Group Fitness Schedule

Effective 1.1.23

MONDAY

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	Upper Cut	WC	Maddison
1:30-2:00 pm	Chair Yoga: Level 1	MPR	Kara
5:15-5:45 pm	Beginner Yoga: Level 3	MPR	Kara
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

WEDNESDAY

Time	Class	Location	Instructor
6:30-7:30 am	Zumba® Step	MPR	Suzy
8:00-9:00 am	Zumba® Toning	MPR	Suzy
1:00-2:00 pm	Strength For Women	WC	Luke
3:00-3:30 pm	Beginner Leg Day	WC	Maddison
6:00-8:00 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
4:00-4:30 pm	HIIT Full Body	MPR	Maddison
5:15-5:45 pm	Cycle	MPR	Luke

TUESDAY

Time	Class	Location	Instructor
8:00-8:45 am	Cardio Kick	MPR	Amanda
10:00-10:30 am	Floor Yoga: Level 2	MPR	Kara
1:45-2:15 pm	Fit N' Firm Yoga: Level 4	MPR	Kara
3:45-4:30 pm	Strength For Teens	WC	Luke
4:30-5:00 pm	CORE	MPR	Maddison
5:15-5:45 pm	Lower Body Strength	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
11:15-12:00 pm	Yoga Flow: Level 4	MPR	Kara
1:00-1:30 pm	Beginner Yoga: Level 3	MPR	Kara
4:00-4:45 pm	Strength For Women	WC	Luke
5:15-5:45 pm	Cycle	MPR	Luke
6:00-7:00 pm	Martial Arts	GYM	Scott/Pat

SATURDAY

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

**SUZIE'S WALK FIT:
EVERY OTHER SUNDAY, 8-8:45. INQUIRE AT FRONT
DESK FOR MORE INFO**

Yoga levels:

Level 1 : No experience needed

Level 2: Beginner-Intermediate

Level 3: Advanced

- ♦ 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.

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.

Class Descriptions

Bandz uses only bands only in this class! Bands will be used as resistance to challenge your muscles. This is a fun, low impact, full body workout. The use of bands activates your muscles throughout an entire movement. This leads to better range of motion, overall strength, muscular tone, and total calorie burn.

Beginner Leg Day is a class that focuses on legs and lower body strength.

Beginner Yoga (LEVEL 3) 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.

CORE: Core uses a large variety of low-impact exercises to challenge and strengthen your core muscles. Core strength is important for good posture and can lessen low-back pain.

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!

Fit N' Firm Yoga (LEVEL 4) adds weight for an extra challenge, has the most yoga poses and the most movement. Students who come to this class can expect to be challenged in every part of their body.

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.

Gentle Yoga (LEVEL 3) is a slow pace yoga class that focuses on gentle stretching and light strength.

HIIT (High Intensity Interval Training) Full Body: HIIT Full Body is 30 minutes of high intensity intervals alternating with short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time with compound exercises that target all major muscle groups. Using a 2:1 work-to-rest ratio, HIIT Full Body will surely get your heart pumping, and muscles burning.

Lower Body Strength is a class that will use a variety of movements, machines, and weights to strengthen your calves, quads, glutes, and hamstrings.

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 teens is designed for teens ages 12-18. This class 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 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 tradition 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, 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 4) 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 of out this workout! Have fun challenging yourself, when you feel ready, to advance into different postures.

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.