

GROUP EXERCISE SCHEDULE

AUGUST 5TH - 30TH

MONDAY

12:00 - 12:45pm
Strength Circuit | Mandy

1:00 - 2:00pm
Yin Yoga* | Nikki

TUESDAY

11:00 - 11:45am
Barbell Blast | Rachael

12:00 - 12:45pm
Pure Cycle | Kelly

4:30 - 5:15pm
Intensity 45 | Mandy

WEDNESDAY

12:00 - 12:45pm
Fit Fusion | Kelly

1:00 - 2:00pm
Yoga Foundations* | Nikki

2:15 - 3:00pm
Bootcamp | Rachael

THURSDAY

11:00 - 11:45am
PiYo | Rachael

12:00 - 12:45pm
Bootcamp Cycle | Mandy

FRIDAY

11:00 - 11:45am
Cardio Bootcamp | Rachael

1:00 - 2:00pm
All Levels Yoga* | Jamie

WALKING CLUB

Wednesday, August 7th

10:15 am in the Circle
Meet us for a 1-mile walk for
a breath of fresh air.
Open to all employees and
contractors!

•Sign Up for Classes at 8am the day before at:
<http://elevationportal.com>

•Waitlist Policy: Those on the waitlist will receive an email notifying them if a spot becomes available. Taking the available spot is first come, first serve by clicking on the link included in the email.

•Each class must have at least 2 participants within the first 5 minutes of the start of the class in order to run.

*Fee based class, \$3.00 per class

SPECIAL CLASSES

Monday, August 12th 11 - 11:45am | POUND
Wednesday, August 21st 11 - 11:45am | Zumba
Wednesday, August 28th 1 - 2pm | Yoga & Meditation*

MONDAY

Strength Circuit

This circuit style class will take you through timed strength based movements and exercises focusing on upper body, lower body and core as well as mixing in one or two cardio exercises. This circuit class is designed to improve your muscular strength and endurance.

Moderate to high impact.

Yin Yoga*

Let go with long connective tissue stretches and meditative breathing for greater mobility, enhanced performance and injury prevention all while gaining self-acceptance. Great for very active minds and bodies or anyone who wants to connect on a deeper level.
\$3.00 per class.

POUND

POUND is a full-body easy to follow cardio jam session, combining light resistance with constant simulated drumming. Through continual upper body motion using lightly weighted drumsticks, you'll turn into a calorie-torching drummer, POUNDing off pounds all while rocking out to your favorite music.

Low to moderate impact.

TUESDAY

Barbell Blast

Build strength, develop stability and decrease body fat by increasing lean muscle! Barbell Blast will take you through a full body workout using a combination of barbell exercises and body weight movements all geared towards making you your strongest self.

Moderate to high impact.

Pure Cycle

45 minutes of pure cycling with a single focus or combination of hills, sprints, aerobic and anaerobic work.

Low impact.

Intensity 45

Get a total body workout with a variety of exercises using weights, body weight, the BOSU, kettlebells, and plyometrics in 45 minutes. Classes will vary with challenges for time or number of reps. Come build strength and muscular endurance!

Moderate to high impact.

WEDNESDAY

Fit Fusion

Class begins with a fun, dynamic warm up followed by various time intervals of strength burnouts for each major muscle group. Timed cardio drills will separate each strength session with both low and high impact options. Different equipment will be used to mix up each class!

Moderate impact.

Moderate impact.

Yoga Foundations*

Understand Yoga movement and your body with long held, traditional poses.

Take the time to learn and feel grounded all while gaining inner and outer strength by engaging muscles and breath awareness. Anyone from a beginner to experienced yogi will benefit from the therapeutic quality to this class as it allows for space and opportunity to feel more, look inward, and heal deeply.

\$3.00 per class.

Yoga & Meditation*

This class will consist of 60 minutes of meditation. The meditation session will relax and invite the body to become grounded & whole.

\$3.00 per class.

Bootcamp

This class will vary week to week, no two classes will be the same. We will work with body weight, weighted movements, plyometric exercises, high intensity cardio, and much more! Be prepared to sweat and really push yourself!

Moderate to high impact

Zumba

Zumba® features exotic rhythms set to high-energy Latin and international beats.

Low to moderate impact.

THURSDAY

PiYo®

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Low to moderate impact.

Bootcamp Cycle

Join us for alternating circuits of 7 minutes of cycle and 5 minutes of strength work.

Moderate to high impact.

FRIDAY

Cardio Bootcamp

Class will alternate between 4 minute high intensity intervals of cardio, strength, and core. Cardio will be using a treadmill, rower, or bike. Strength will be both body weight and weighted exercises. Be prepared to sweat and really push yourself!

Moderate to high impact.

All Levels Yoga*

Begin to understand yoga movement through the body/mind connection as we incorporate gentle flows, balance, restorative stretching and breathing techniques. Students will learn to flow with the rhythm of their breath. This class is for anyone who is looking to learn more about yoga and how it can enhance your body movements and health.

\$3.00 per class.

Contact Fitness.Center@CenturyLink.com
if you have any questions