

FMC Group Fitness Schedule

All Group Fitness Classes are FREE and part of your FMC Membership

12/31/2011

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Boot Camp Jennifer Ray/Robin Bloodworth		Boot Camp Jennifer Ray/Robin Bloodworth		Boot Camp Jennifer Ray/Robin Bloodworth	
7:00am	Combo Challenge Linda Lowe		Combo Challenge Linda Lowe			
8:00am	Mature Adult Fitness Linda Lowe		Mature Adult Fitness Linda Lowe		Cycle/Weight Train Combo Cycle 8:00-8:30 Weight Training 8:30-9:00 Cycle 9:00-9:30 Linda Lowe Can Begin at <i>either</i> 8:00 <i>or</i> 8:30 NEW TIME	
8:00am	Cycle Michele Smith (F304)	Cycle JoAnna Blauw (F304)	Cycle Michele Smith (F304)	Cycle JoAnna Blauw (F304)		
8:00am			Yoga JoAnna Blauw (F303)			Boot Camp Jennifer Ray/Robin Bloodworth
8:15am		Gentle Stretch Lisa Humphries		Gentle Stretch Lisa Humphries		
9:00am						Yoga JoAnna Blauw
9:15am	The ZONE! Michele Smith	Zumba Natalie Sims	The ZONE! Michele Smith	Barre Class Natalie Sims	Barre Class Natalie Sims NEW	
9:15am			Core & More JoAnna Blauw (F303)			
10:00am						Zumba Natalie Sims
10:15am	Tai Chi Alan Bickimer	Boot Camp Jennifer Ray	Tai Chi Alan Bickimer	Boot Camp Jennifer Ray		
5:00pm	Step & Sculpt Angelea Floyd	Barre Class Natalie Sims		Step & Sculpt Angelea Floyd		
6:00pm	COED Weights & Cycle Linda Lowe	Zumba Ashleigh Rhodes		COED Weights & Cycle Jennifer Ray		
6:30pm	Cardio Dance Blast Natalie Sims			Zumba Natalie Sims		
7:00pm		Zumba Toning Ashleigh Rhodes				

NEW BARRE Class on Friday's at 9:15am *NEW*

Cycle-Weight Train Combo now begins at 8:00am

Wednesday's Core & More is now at 9:15am and 1 hour long

All classes are one hour long and in aerobics room except where noted.

The Zone! - You begin with a 5 minute cardio segment followed by weight training for 5 minutes working a particular area (Zone). For Example: You start with a 5 minute cardio segment, then worked inner thighs and the pectoral muscles for the next 5 minutes followed by another 5 minute cardio segment then 5 minutes of squats and bicep curls, another cardio then gluts and triceps, and so on. You will get in 5 cardio segments and 4 weight segments ending with abs and stretching.

Barre- is a body sculpting workout that aims to strengthen, lengthen, and stretch the body from top to bottom. The barre class technique uses ballet and Pilate's technique to develop lean muscles, without the bulk. Utilizing the ballet barre, small isometric movements, and your own body weight, we will tone target areas that include abs, thighs, hips, seat, and arms. This is not a dance class and no prior experience is needed.

Boot Camp/Combo Challenge - This is a class for all levels of fitness. You will incorporate every aspect of weight training and cardio. The class changes weekly and can include some of the following on any given day: free weights, powerlift bars, bands, medicine balls, bosus, steps, bikes, kick & punch, calisthenics, plyometrics, basic P.E. drills, etc. You name it, we've tried it!

Cardio Dance Blast - All levels of fitness. This class will incorporate fitness and various dance styles together. Burn calories, tone, and blast fat while having fun with great music. If you are ready for a break from a boring routine then this class is for you! Come prepared to move and have fun! ***No dance experience required***

COED Weights & Cycle-This class is for all levels of Fitness and is Co-Ed. You will work all of your upper and lower body muscles. You will lift weights, use bands, bars, etc. Each week you will challenge your muscle groups from head to toe. You will never be bored. Then you will cycle in the spin room for the remaining ½ hour to charge your cardio system and burn even more calories.

Core & More - Designed to whittle your middle, increase strength and definition in your abs, back, glutes, and more-it's a complete core workout experience!

Cycle & Cycle Endurance - All levels of fitness welcome. By varying your own pedal speed and resistance you will be led through a journey that will simulate everything from easy flat roads to climbing big hills. You will sprint for short periods and stand on the bike for climbing segments. We suggest padded shorts for beginners, and please bring your bottle of water for the ride!

Cycle/Weight Training/Cycle - All fitness levels. You will notice this class is 1½ hours. The class is designed to facilitate two different groups with the same goal. If you can make it here at 8:30 a.m., you will spin a half hour and then move on to the weights for a whole body workout, where the instructor will lead you for the other half hour. If you cannot make it at 8:30, join us at 9:00 and start in the weight room, and then finish with another half hour of spin after that! Some stay for both sessions of spin and take the entire 1½ hours! Come join us when it is convenient for you.

Gentle Stretch - designed specifically for participants who might feel intimidated by a yoga or Pilate's class. Your instructor will guide you through a series of stretches, addressing any physical issues you might have. The class will include some beginner yoga and Pilates, which almost anyone can do. Your body will benefit from a full body stretch. A unique special class that would benefit anyone from grandparents to teens, for seasoned athletes or novice exerciser.

Kick & Punch - All levels of fitness. This class mimics moves from martial arts and boxing. It is powerful and fun. You will also work your abs and enjoy the movements. There is no learning curve or special language to learn. Let the instructor know if you are a beginner to this class.

Mature Adults - This class is for the beginner level and persons desiring lower impact aerobics. It offers cardio plus resistance training using many different tools. You will move at a slower pace, while still being challenged.

PiYo - Combination of both Yoga and Pilates focusing on flexibility and core strengthening.

Step & Sculpt- All levels of fitness, BUT you will need to come on a regular basis for about 3 weeks to completely learn the "language" or the "queues" of step. You will move on top of, around, and over your step. The music is great, and you will enjoy the many ways you can use the step for exercise. Plus incorporate strength training for a complete workout.

Tai Chi - Trained through the Arthritis Foundation our instructors lead this class through a series of soft flowing movements that help build connective tissue, improve circulation, balance and posture.

Yoga - All levels of fitness. Lengthen, stretch, and tone your muscles in a serene and private environment. Yoga has many benefits, and we encourage you to try. We can provide the mat for our first timers. While this class is for all levels, be sure to let the instructor know you are new to this discipline. She is always careful to give you the alternative to a more difficult pose.

Zumba - All levels of fitness. Wow! This class is not like any exercise class you have taken before. Our instructors are specifically certified for Zumba instruction. This class incorporates Latin dance moves into exercise. You will burn calories, listen to great music, and really enjoy yourself while you work out. If you are looking for a way to break out of your workout rut, this is the way to go

Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance. Zumba Toning is fun, different, challenging and effective and provides, for the participant, a new avenue to weighted activity.