

GROUP EXERCISE SCHEDULE

Monday

5:30A Kickboxing-Rebecca
 5:30A Cycling-Lesley
 5:30A Deep-Sherri
 7:30A Deep-Jess
 8:15A Cycling-Tasha/Karri
 8:30A Total Core-Stacey (20)
 8:30A Gentle Yoga-Teresa (75)
 8:30A Shallow-Jess
 8:30A ROM-Tonya*
 9:00A Cardio Strength-Stacey
 9:15A ROM-Tonya *
 9:30A Deep-Rotation
 10A Chair Yoga-Teresa (60)
 10:15A-Aqua Chi-Sheryl *
 10:45A Lite-N-Low-Joni
 4:30P Zumba-Rotation
 4:30P Pilates Combo- Rebecca
 5:30P Deep-Sandy
 5:30P Strength Training-Rebecca
 5:30P Cycling-Rotation
 5:45P Power Yoga-Denise (75)
 5:45P Aqua Chi-Glenda *
 6:15P Bootcamp- BBC (30)
 6:50P Tai Chi-Glenda

Tuesday

5:30A Total Strength-Ashley/Rebecca
 5:30A Mat Pilates-Karri
 5:30A Cycling-Dan
 6:00A Abs Express-FF (15)
 6:15A Kettlebell Express-BBC (15)
 7:30A Deep-Jess
 8:15A Cycling-June
 8:30A Gentle Yoga-Denise (75)
 8:30A Pilates Combo-Karri (55)
 8:30A ROM-Tonya*
 9:00A Bootcamp-Tasha BBC (35)
 9:30A Shallow-Sheryl
 10:00A Just Stretch-Joni (30)
 10:20A Aqua Pilates-Sheryl*
 10:45A Intro to Pilates-Joni (30)
 4:30P R.I.P.P.E.D.-Rebecca
 5:30P Shallow-Sherri
 5:30P Total Body HIIT-Jessica/Tasha
 5:30P Cycling-Ashley
 5:45P Yin Yoga-Teresa (75)
 6:30P Zumba-Wendy

Wednesday

5:30A Zumba-Mary
 5:30A Cycling-Jackie
 5:30A Bootcamp-Rebecca (BBC)
 5:30A Deep-Sandy
 8:15A Cycling-Tasha
 8:15A Circuit-Chad (BBC)(30)
 8:30A Gentle Yoga-Ann B. (75)
 8:30A Shallow-Amanda
 9:00A Cardio Strength-Jennie
 9:15A ROM-Sheryl*
 9:30A Deep-Sherri/Karri
 9:50A Mat Pilates-Chad
 10:00A Strength & Balance-Glenda (30)
 10:15A Aqua Chi-Sheryl*
 10:45A Tai Chi- Glenda
 10:45A Growing Stronger-Karri
 4:30P Pilates Combo-Karri (55)
 4:30P Deep-Sharon
 5:30P Cycling-Karri/Rachel
 5:30P Step Express-Rebecca(30)
 5:45P Gentle Yoga-Kat (60)
 6:10P Total Body HIIT-Rebecca
 7:00P Total Strength-Rebecca (30)

Thursday

5:30A-Total Strength-Rotation
 5:30A Cycling-Dan
 5:30A Shallow-Sharon
 5:30A Mat Pilates-Jackie/Sherri
 6:15A Kettlebell Express (BBC) (15)
 7:30A Deep-Jess
 8:15A Cycling-June
 8:30A Gentle Yoga-Colleen (75)
 8:30A Abs Express-FF (15)
 8:30A Pilates & Stretch-Karri (55)
 8:30A Shallow-Sherri
 8:45A Kettlebell Express-(BBC) (15)
 9:00A Bootcamp-Stacey/Tasha (BBC)
 9:15A ROM-Tonya *
 9:30A Shallow-Sheryl
 10:00A Just Stretch-Joni (30)
 10:15A Aqua Chi-Glenda*
 10:45A Circuit-Joni
 4:30P Athletic Bells-Rebecca
 5:30P Zumba-Rotation
 5:30P Cycling 101-Dom (30)
 5:45P Intermediate Yoga-Jeff (60)
 5:45P Aqua Chi-Glenda*
 6:15P Bootcamp-Dom (BBC)

Friday

5:30A Athletic Conditioning-Rebecca
 5:30A Cycling-Karri
 6:00A Abs Express (FF) (15)
 6:15A Kettlebell Express (BBC) (15)
 8:15A Cycling-Tasha
 8:30A Intermediate Yoga-Rotation (75)
 8:30A Tabata-Karri (30)
 8:30A Shallow-Sherri
 9:05A Pump & Abs-Karri
 9:15A ROM-Sheryl*
 9:30A Deep-Sherri
 10:00A Strength & Balance-Glenda (30)
 10:45A Zumba Gold-Karri
 11:30A Kettlebell Express (BBC) (15)
 11:45A Abs Express- FF (15)
 4:30P Kickboxing-Rebecca
 5:20P Total Strength-Rebecca (30)

Saturday

7:15A Cycling-Rotation
 8:15A Cycling-Rotation
 8:15A PiYo/Pilates-Rotation
 8:30A Instructor's Choice Yoga- Rotation (75)
 8:30A Shallow/Deep-Rotation
 9:05A Circuit-Rebecca (FF)
 10:00A Zumba-Rotation (60)



Aerobic Studio=Green
 Cycling Studio=Purple
 Lap Pool=Blue
 *=Therapy Pool
 Mind/Body Studio=Red
 BBC=Basketball Court
 FF=Fitness Floor

ALL CLASSES ARE 45 MINUTES
 EXCEPT OTHERWISE INDICATED
 BY ()

For fee Reformer
 Tuesdays 11A-Chad
 Wednesday 5:30P- Chad
 Saturday 9:15A-Rotation

LAND/CYCLING EXERCISE CLASSES

ABS EXPRESS: This 15-min class, will focus on a variety of core exercises to help build strength & tone the abdominal area.

ATHLETIC CONDITIONING: A strength & conditioning class that emphasizes high intensity functional movement, maximizing your performance level.

ATHLETIC BELLS: This class focuses on strength and cardio development while performing a series of challenging drills using dumbbells or kettlebells.

BOOTCAMP: This type of class experience mixes traditional callisthenic & body weight exercises with interval & strength training.

CARDIO STRENGTH: This class encompasses weighted & body weight exercises to gain muscle mass, while achieving cardiovascular endurance. The workouts will be done with high intensity and energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth & excess fat loss.

CIRCUIT: A multi-level workout designed for muscular strength, cardiovascular endurance and flexibility.

CYCLING: Burn calories and keep your muscles in shape while building cardiovascular endurance & strength.

CYCLING 101: This 30 minute class is for beginners to learn the fundamentals while building cardiovascular endurance & strength.

GROWING STRONGER: This functional fitness class will focus on increasing the strength of your muscles, maintaining the integrity of your bones and improve balance, coordination, and mobility.

KETTLEBELL EXPRESS: Fast results for strength, endurance and muscle toning by challenging both muscular and cardiovascular system with dynamic, total body movements.

KICKBOXING: Feel the power of music & action as you punch, kick & block your way to strength and cardiovascular endurance.

LITE-N-LOW: Focuses on cardiovascular endurance, strength, balance, flexibility taught in an appropriate manner for beginners to active older adults.

PUMP & ABS: Full benefits of a total strength class with multiple ab exercises.

R.I.P.E.D: A one stop body shock workout. Resistance. Intervals. Power. Plyometric. Endurance. Diet. This class is designed for all fitness levels to feel an intense, full-body workout.

STEP EXPRESS: Fun choreography to keep you moving using a step.

STRENGTH TRAINING: Designed to exhaust your muscles and improve your strength. A variety of equipment will be used.

TABATA: High intensity interval training through short rounds of work and rest.

TOTAL BODY HIIT: High Intensity Interval Training (HIIT) is a type of cardio in which you alternate short, very high intensity intervals with longer and slower intervals.

TOTAL CORE: Focuses on a variety of abdominal exercises to strengthen the core.

TOTAL STRENGTH: Free weights, body weight, stability balls and more to challenge all of your muscles to stay focused and strong.

ZUMBA: Salsa, Cha-Cha-Cha, Mambo & many more varieties of dance styles for a fun and energetic class.

ZUMBA GOLD: The exciting Latin dances rhythms in the original Zumba program for active older adults, the beginner & other special populations that may need modifications for success.

MIND/BODY EXERCISE CLASSES

GENTLE YOGA: Level-1 class practices body awareness, breathing, postures, visualization, relaxation & meditation. Develop strength & flexibility through the mind, body, & spirit.

INTERMEDIATE YOGA: Level-2 covers poses and their variations more in depth than level 1. Poses are held longer to improve strength, balance & flexibility.

CHAIR YOGA: Chair yoga is a gentle form of yoga practiced sitting in a chair or using one for support. Yoga is recommended for those with arthritis, osteoporosis, carpal tunnel syndrome, chronic fatigue and those with limited mobility.

INTRO TO PILATES: Focuses on Pilates Principles including breath, concentration, control & center to build a basic mat Pilates routine.

JUST STRETCH: Improve flexibility, move better & risk fewer injuries.

MAT PILATES: Full body-conditioning program comprised of a series of movements performed on a mat with all the benefits of Pilates.

PILATES COMBO: Combination of Mat Pilates & PiYo into one class.

PIYO: Music-driven, athletic workout that strengthens, stretches, & tones with dynamic movements inspired by the best of Pilates & Yoga.

POWER YOGA: Level-3 class with an aggressive athletic style that emphasizes intense strength & stretching. Offers an aerobic appeal building heat & sweat throughout the class. Previous gentle or intermediate practice is recommended.

STRENGTH & BALANCE: Combines balance, coordination, agility, flexibility & strength to improve the quality of life for older adults.

TAI CHI: Combines different forms of Tai Chi & Qi Gong & main focus on Yang style and technique.

YIN YOGA: Gives your mind the space to unwind and your body time to open. This is a perfect class for those looking for increased flexibility, stress relief or to balance out an active body.

WATER EXERCISE CLASSES

AQUA CHI: Exercise and relaxation program to help us enjoy the water in a flowing yet powerful progression. You'll increase oxygen & burn calories simply with correct form and positioning in the water.

DEEP: Moderate to high intensity cardio & strength segments using a variety of equipment. A floatation belt will be worn.

ROM: Reach Out & Move. This shallow water exercise is proven to help you live better with arthritis. Reduce stiffness and increase strength & flexibility.

SHALLOW: All the benefits of deep water but in the shallow water.

The group exercise schedule is consistently revised and evaluated for success. Many factors are taken into consideration on a weekly basis to ensure a diverse and cohesive schedule including attendance, instructor availability, holidays, and inclement weather. The Avera McKennan Fitness Center reserves the right to make any type of change or substitution at any point. Thank you for your understanding.