



Associate Wellness Center

In-Person Group Exercise Schedule

All fitness levels are welcome!

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 6:00a				Bootcamp <i>Marion</i>	
10:00 – 10:45a		Water Aerobics <i>Laura</i>	Water Aerobics <i>Laura</i>		
3:30 – 4:00p		Interval Circuits <i>Alex</i>		Indoor Cycling <i>Laura</i>	
4:00 – 4:30p	DB Build & Burn <i>Alex</i>				
6:00 – 6:30p			Interval Circuits <i>Alex</i>	Sports Agility <i>Alex</i>	

Class Descriptions

Bootcamp: Your full body workout, each class is created to challenge cardio fitness and build strength!

Water Aerobics: Get your workout done in the pool. This class combines cardio, strength & flexibility for a full body workout that is easy on the joints. You do not need to know how to swim!

Interval Circuits: This is a timed Tabata/stations class where we move to different exercise stations working on strength, cardio and flexibility for a full body workout!

Spinning: This class is an indoor cycling class that will take you through a mix of high-intensity intervals, steady-state cycling, hills and recovery phases for a great cardio and strength mix!

DB Build & Burn: In this full body class we use various weights to build muscle strength while working at a pace designed to improve cardio and burn calories!

Sports Agility: Get ready to elevate your agility, speed & coordination through dynamic drills, inspired by various sports movements.