

# WATSON WELLNESS CENTER

## In-Person Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>5:30-6:15am</u> <i>Bootcamp</i> David		<u>5:30-6:15am</u> <i>Bootcamp</i> David	
	<u>9:00-10:00am</u> <i>Aqua Fitness</i> Lynn		<u>9:00-10:00am</u> <i>Aqua Fitness</i> Lynn	
<u>9:30-10:15am</u> <i>Better Your Body</i> Mike		<u>9:30-10:15am</u> <i>Better Your Body</i> David		<u>9:30-10:15am</u> <i>Yoga</i> Megan
	<u>5:30-6:15pm</u> <i>Kickboxing Circuit</i> Gage	<u>6:00-6:45pm</u> <i>Yoga</i> Andrea		

All fitness levels are welcome! Please see reverse for class descriptions.

In person classes are held in the gymnasium.

# CLASS DESCRIPTIONS

- **Better Your Bodies-** A full body workout for any level that begins with cardio, transitions to strength, and finishes with full body mobility giving you everything your body needs to be at its best.
- **Yoga-** Efficiently build strength and flexibility, all while bringing your body into a state of harmony with controlled breathing, stretches, and bodyweight poses.
- **Bootcamp-** This circuit style strength class will keep you moving while building strength.
- **Kickboxing Circuit-** An invigorating circuit style workout that will have you jabbing, upper cutting, and kicking your way to a healthier body.
- **Aqua Fitness-** Join this class for a total body workout that won't stress your joints. Performing a variety of exercises in the pool to a great soundtrack will keep you motivated.