

# Centerburg Class Schedule

Fitness On Demand

Yoga

Strength



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM - 6:15 AM Rise and Grind Lift		5:45 AM - 6:15 AM Rise and Grind Lift			
9:15 AM - 10:00 AM Total Body HIIT	<b>YOU CAN DO IT!</b>	9:15 AM - 10:00 AM Total Body HIIT		<b>KEEP IT UP!</b>	9:15 AM - 10:00 AM Zumba Tone 6/17, 7/22, 8/19
12:30 PM - 1:00 PM Cycle Express FOD				12:30 PM - 1:00 PM Cycle Express FOD	<b>SUNDAY</b>
	3:15 PM - 3:45 PM Chair Yoga		3:15 PM - 3:45 PM Chair Yoga		1:00 PM - 1:30 PM 3:15 PM - 3:45 PM Open Studio
	4:00 PM - 4:30 PM Core-Lattes		4:00 PM - 4:30 PM Core-Lattes		
5:30 PM - 6:15 PM Indoor Cycle FOD	5:30 PM - 6:15 PM Zumba	5:30 PM - 6:15 PM Indoor Cycle FOD		<b>FRIYAY!</b>	

## Open Pool

During open hours, members can reserve 30 minute blocks of time to use the pool. See a Connections Fitness team member, stop at the front, or call in to reserve your spot. On occasion, there will be pool closures for physical therapy patients, and we appreciate your understanding in these situations.

## Workshops

Educational	Exercise	Workshop		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 AM Workshop 1st of the Month		9 AM Workshop 1st of the Month	9 AM Workshop 1st of the Month	
5 PM Exercise Basics 2nd of the Month		5 PM Nutrition Basics 4th of the Month		
	5:30 PM Workshop 1st wk of the Month	5:30 PM Workshop 1st wk of the month		5:30 PM Workshop 1st wk of the Month
		6:00 PM - 7:00 PM Nutrition Talk 4th of the Month		

# Class Description

**Open Studio:** Open Studio hours are a time you can come into the studio and pick a workout of your own to follow along with. Choose from various workout options, including cycling, core, strength, yoga, kickboxing, etc. Exercise videos are three levels of difficulty: Easy, Standard, or Advanced.

**Open Pool :** Up to five individuals can enjoy the 90 degree aquatic therapy pool to wade, socialize, or exercise during open pool times.

**Chair Yoga:** In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated and help ease body movement and promote relaxation. Movements are done while seated in the chair or using the chair as an exercise prop for balance. Suitable for beginner to all fitness levels.

**Core-Lattes:** Combines Pilates principles with additional core movements. Engage your core by improving breathing, stability, stabilization, and spinal flexibility. This class is taught on an exercise mat. Participants are required to get up and down from the group positions.

**Rise and Grind Lift :** A 30-minute express boot camp. Get your heart pumping and every muscle stimulated for a total body pump to start your day off right. Exercises can be modified per individual. This class is suitable for all fitness levels.

**Total Body HIIT:** A high-intensity interval training workout that combines and repeats quick bursts of activity followed by short rest periods. This class utilizes all the muscles in the body, including the heart, to enhance your aerobic stamina, muscular endurance, and core in one class. Suitable for experienced exercisers.

**Zumba:** An interval dance workout inspired with Latin flares. the classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance.

**Zumba Tone :** This class focuses on muscular strength and endurance. Workouts will combine upper and lower body movements as well core and balance to keep your body toned and strong. Exercises can be modified per individual therefore this class is suitable for all fitness levels.

# Workshops

**Connections Mini Workshops:** Our Exercise Specialists will conduct educational active demons on various topics such as kettlebells, core, BOSU, and free weights. These are held the first week of every month. Reserve a spot by calling the office or see a staff member to sign up.

**Exercise Basic Class:** One of our exercise specialists will speak on various wellness topics to help educate our members and community. These are held the second Monday of each month from 5:00 PM-5:45 PM. This class is free and open to the public.

**Nutrition Basics Class:** Our dietitian will speak on various nutrition topics to help educate members and the community. These are held the fourth Wednesday of each month from 5:00 PM-5:45 PM. This class is free and open to the public.

**Nutrition Talks with Janelle:** Held the fourth Wednesday of every month 6:00 PM-7:00 PM. This workshop is free and open to the public.