



FREE GROUP EXERCISE SCHEDULE

Circuit Challenge

Monday, 11:30 am-12:00 pm

Instructor: Penny

Get a great workout by challenging yourself to continually improve with this high-energy class. With a focus on boot-camp style exercise that combines strength and cardio movements, this class is designed to elevate the heart rate and keep it up. This style of exercise helps us work out more efficiently and in only a half hour!

Appropriate for all fitness levels

FREE

Holiday Hustle

Wednesday, 12:00-12:30 pm

Instructor: Penny

November 7th-December 26th

This class will be offered during the holiday season only. If you only have time for one workout during the week this is the class for you. We'll lift, squat, push, jump, and sweat off those holiday calories.

Appropriate for all fitness levels

FREE



Cardio Blast

Wednesday, 5:15 pm-5:45 pm

Instructor: Penny

This high-intensity class for men and women utilizes bars, steps, dumbbells, and body weight to bring you a workout that mixes resistance training for the whole body with bursts of cardio for your heart. If you enjoy a challenge and want to sweat this class is for you!

Appropriate for all fitness levels

FREE

Cardio Intervals

Thursday, 11:00 am-11:30 am

Instructor: Penny

This 30-minute class focuses on high-intensity intervals using different pieces of cardio equipment. Learn how to improve your cardio routine and burn more fat in a shorter time period (That's right...more fat in less time). There are only four available slots, so sign up with Penny in the Wellness Center. Once the slots are filled we will be unable to take more people. See second page for sign up info.

Appropriate for all fitness levels

FREE

W.O.D.-Work Out of the Day-*for the time-stressed member!*

Instructor: Penny

Limited on time and don't see the point of exercising if you can't commit for at least 30 minutes? The W.O.D. or *Work Out of the Day* is for you!! Offered three times/week this **15-minute class** will challenge you, the individual, based on YOUR skill and ability level to complete a full body workout in a short amount of time.

Tuesday: 11:30-11:45am

Thursday: 12:00-12:15pm

Appropriate for all fitness levels

FREE

All FREE group exercise classes are on a first come first serve basis. Once the doors to the group fitness room are closed no more participants can enter the class. Please arrive early.

You must be a Wellness Center LiveWell member to participate in group fitness classes.

Please contact the Wellness Center if you are unsure of your member status

OR if you need to upgrade your membership from FitWell to LiveWell.

WELLNESS CENTER GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00				Cardio Intervals ** 11:00-11:30	
11:30	Circuit Challenge 11:30-12:00	W.O.D* 11:30-11:45			
12:00			Holiday Hustle # 12:00-12:30	W.O.D.* 12:00-12:15	
5:00					
5:15			Cardio Blast 5:15-5:45		

***W.O.D.**-Work Out of the Day

****Cardio Intervals**-There are only four spaces available for this class. Sign up ahead of time on our sign up sheet posted outside the Wellness Center on Thursdays at 9:00 am

Holiday Hustle-This class will be offered from Nov. 7th-Dec.26th only.

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