

## Worthington Wellness Center

# JULY GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Free E! 12:00-12:30pm	\$ Zumba® \$ 12:00-12:45pm	Free E! 12:00-12:30pm	\$ Zumba® \$ 12:00-12:45pm	\$ Spinning® \$ 12:00-12:45pm
	Free E! 4:30-5:00pm		Free E! 4:30-5:00pm	
\$ Zumba® \$ 5:10-6:10pm	\$ Spinning®+ \$ 5:10-6:00pm	\$ YogaFit® \$ 5:10-6:10pm	\$ Zumba® \$ 5:10-6:10pm	

## \$ FEE BASED CLASSES \$

SEE MICHELLE COAKLEY TO REGISTER FOR SESSION 4 CLASSES JULY 9-13!

REGISTER FOR ANY TWO (2) FEE-BASED CLASSES AND SAVE \$10.00!

### Zumba® Fitness

All Fitness Levels Welcome

Instructors: Judy, Anna & Carolyn

Zumba® is a fun, exhilarating, music-inspired aerobics class that is safe and effective for every fitness level! Join us for a Zumba® party, and shake, shimmy and sizzle your way to a healthier you!

**Mondays, 5:10-6:10pm (Judy)**

**July 16—Aug 27 (no class on 9/3)**

**\$31.00 per 7-week session**

**Tuesdays, 12:00-12:45pm (Carolyn)**

**July 17—Sep 4**

**\$35.00 per 8-week session**

**Thursdays, 12:00-12:45pm (Carolyn)**

**July 19—Sep 6**

**\$35.00 per 8-week session**

**Thursdays, 5:10-6:10pm (Anna)**

**July 19—Sep 6**

**\$35.00 per 8-week session**

### Spinning®

All Fitness Levels Welcome

Instructor: Michelle Coakley

Pedal your way to a healthier you! Spinning combines energizing music with unique, easy to follow indoor cycling movements to give you a great fitness workout with powerful results. Strengthen your heart and lungs, burn calories and decrease stress with a 40-55 minute ride in a motivating group setting followed by a 5 minute cool-down that includes a variety of relaxing stretches. Please bring a water bottle and towel to every class! **Please Note:** Spinning class format will feature alternating weeks of either a regular ride or a shorter ride plus core & upper body resistance training.

**Tuesdays, 5:10-6:10pm**

**July 17—Sep 4**

**\$35.00 per 8-week session**

**Fridays, 12:00-12:50pm**

**July 20—Sep 7**

**\$35.00 per 8-week session**

### YogaFit®

All Fitness Levels Welcome

Instructor: Michelle Coakley

Learn a practical, user-friendly style of yoga that combines fitness moves such as push ups, sit ups, and squats with traditional Pilates exercises and yoga postures linked together in a flowing fitness format. Improve your balance, strength, and flexibility while enhancing your posture, coordination, mental focus, and recovery from everyday stress and tension.

**Wednesdays, 5:10-6:10pm**

**July 18—Sep 5**

**\$35.00 per 8-week session**

## FREE E! Class Descriptions

Energizers (E!) are 30-minute exercise classes designed to **burn calories, boost metabolism, fight fatigue, improve fitness, and relieve stress** for members on the go! Class formats include: Cardio, Core, Strength and Yoga! See the newsletter calendar of events for the monthly E! class schedule, and the class descriptions below for more info!

**E! Cardio** — easy to follow aerobic exercise for all fitness levels to raise your heart rate and burn calories!

**E! Core** — abdominal, back, hip and shoulder exercises to fight lower back pain, improve balance, and tone your midsection!

**E! Strength** — full body resistance training mixed with cardio or stretching to tone muscles and boost metabolism!

**E! Yoga** — basic yoga poses and stretches combined with deep breathing exercises to improve fitness and relieve stress!

**Mondays & Wednesdays, 12:00-12:30pm**

**FREE** — First come, first serve.

**Tuesdays & Thursdays, 4:30-5:00pm**

**FREE** — First come, first serve.



## **TO REGISTER FOR/PARTICIPATE IN GROUP FITNESS CLASSES:**

- **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.
- **Payment in FULL is required to reserve a space in ANY fee-based group fitness class—first paid, first served.**
- Cash or checks are acceptable forms of payment (checks are preferred). If registering by check, **please make your check payable to Worthington Wellness Center.** Any checks returned due to insufficient funds will be charged a returned check fee equal to all penalties associated with the returned check.
- Refunds for class registration fees will be given **ONLY** with proof of medical need to discontinue a program.
- **Class minimums must be met in order to hold a class.** Classes that do not meet minimums are subject to cancellation.

***For class, registration or membership questions, please contact Michelle Coakley in the Wellness Center at 438-3984.***