



# MAY 2012



## McLaren Group Exercise Schedule

*\*NO CLASSES SAT 5/26 AND MON 5/28\**

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a	PiYo Judi	Zumba Judi	PiYo Judi	TurboKick Judi	Zumba Toning Judi	<b>May 5<sup>th</sup></b> 8a CardioKick/Sculpt 9a PiYo <b>BARB</b>
7:00a-8:00a		Sunrise Yoga Debbie		Sunrise Yoga Debbie		<b>May 12<sup>th</sup></b> 8a TurboKick 9a PiYo <b>BRANDI</b> 10:30a-1:30p Aikido Basics <b>BILL</b>
8:30a-9:30a	CardioFuse Judi	CSI Judi	StepFuse Judi	CSI Kristy	CardioFuse Kristy	
10:15a-11:15a	Zumba Gold Judi <i>*10:15a-11a*</i> Silver Sneakers® YogaStretch Judi <i>*11a-11:45a*</i>	Silver Sneakers® MSROM Judi	Silver Sneakers® YogaStretch Judi	Silver Sneakers® MSROM Kristy	Zumba Gold Judi	<b>May 19<sup>th</sup></b> 8a Zumba 9a PiYo <b>JUDI</b> 10:15a Pilates <b>CATHERINE</b>
4:15p-5:15p	Body Sculpt/Zumba Toning Judi	Vinyasa Yoga Austen	Muscle Up! Lisa	Vinyasa Yoga Austen	Zumba Judi	<b>May 26<sup>th</sup></b> <b>NO CLASSES- MEMORIAL DAY WKEND!</b>
5:30p-6:30p	StepTonic Kristy	Cardio Kickboxing Barb	Step/Sculpt Cindy	Zumba Judi	Mat Pilates Catherine	
6:30p-7:00p		PiYo Express Barb		Butt and Gut Barb Judi		
7:00p-8:00p	Yoga Flow Sharon	Aikido Scott <i>** 7:15p- 8:45p**</i>	Yoga Flow Sharon <i>**6:45p- 7:45p**</i>	Aikido Scott <i>** 7:15p- 8:45p**</i>		

**Group Exercise Classes: \$7/class; Punchcards \$60/12 for nonmembers**

**Specialty Classes: \$10/class; Punchcards \$80/10 for nonmembers**

**MMCC Students: Cannot take: Aikido, Mat Pilates, SilverSneakers, and Yoga**

**Questions? Call 989.779.5602 and ask for Kristy or look for us on the Web:**

**[www.wcfitness.org](http://www.wcfitness.org) and [www.facebook.com/mclaren](http://www.facebook.com/mclaren)**

## **Class Descriptions:**

**Aikido:** A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. *Moderate*

**Aikido Basics:** This class is for those interested in learning the basics of Aikido, a defensive martial arts class. It is to help solidify the basic Aikido techniques and cover even more basic aspects that support Aikido techniques. Basic terminology will also be reviewed over time. *Beginner*

**Body Sculpt:** A total-body work-out designed to strengthen and tone muscles through the use of medicine balls, body bars, BOSUs, body bands, physioballs and dumbbells. *All Levels*

**Butt and Gut:** A half hour of a variety of abdominal and glute exercises to strengthen these key areas of the body. Various materials may be used: physioball, BOSU, bands, Body Bars, step, dumbbells, and/or body weight. *All Levels*

**CardioFuse:** A good mix of CardioKickboxing OR Step and sculpting! The first half is Kickboxing OR Step...just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing and Step. *Moderate*

**Cardio Kickboxing:** Discover strength and attitude through an intense cardiovascular workout combining jabs, punches, kicks, blocks, and easy-to-follow combinations that may include using punch shields and mitts. Abdominal training, toning, and stretching are included. *Moderate/Advanced*

**CSI (Cardio Strength Interval):** High Intensity Interval Training (HIIT) using various exercise materials for both cardio and strength. A great class to improve endurance! Be prepared to sweat! *Advanced*

**Mat Pilates:** This is a mat-based class focusing on a classical Pilates repertoire to achieve core stability and optimal postural alignment. A flexibility component will include yoga stretches. *All Levels*

**Muscle Up!:** Build muscle and boost your metabolism! This 60 minute strength class targets the entire body increasing your muscle tone. Class participants use free weights and his/her own body weight. *All Levels*

**PIYo:** A dynamic, faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. This class is great for core strength, balance, and flexibility. *All Levels*

**PIYo Express:** Same as PIYo (see above), but condensed into a half hour. A great way to stimulate your core in a shorter time-frame! *All Levels*

**SilverSneakers® MSROM (Muscle Strength and Range of Movement):** is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants' functional capacities. *Beginner*

**SilverSneakers® YogaStretch:** is a universal class designed specifically to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement. *Beginner*

**StepFuse:** A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various strength materials. *Moderate*

**Step/Sculpt:** Fun cardiovascular conditioning class with high-intensity and low-impact choreography using a step platform. Intensity levels can be easily varied by performing the movement without the step. Muscle conditioning, abs, and stretching are all incorporated. *Moderate/Advanced*

**StepTonic:** If you like choreography, this class is for you! A fun mix of challenging power moves with choreography makes this class a balance of dance and sport. Muscle conditioning, abs, and stretching are all part of the fun! *Moderate/Advanced*

**Sunrise Yoga:** Meet the day as you stretch, relax, and renew! Linking breathing with movement to strengthen, build stamina and balance! *All Levels*

**TurboKick:** A class that combines traditional group exercise techniques and martial arts. It is a cardiovascular challenge with a sport specific warm-up, bouts of intense cardio intervals with easy-to-follow combinations, kickboxing specific strength/endurance training, and a cooldown. *Moderate/Advanced*

**Vinyasa Yoga:** "Vinyasa" means "synchronized movement". By linking the movement with the breath, participants build an internal heat which purifies the body and mind. This class can be a physically challenging practice, but all are welcome! *Intermediate*

**Yoga Flow:** Continuous flow of movement including twists, arm balances, and inversions. All are welcome if you want a challenge! *Advanced*

**Zumba:** Zumba is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve cardio and muscle-toning benefits. Zumba provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have hesitated to join group exercise classes. *All Levels*

**Zumba Gold:** This class is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. *Beginner*

**Zumba Toning:** Zumba Toning takes the original Zumba dance-fitness class to the next level with the addition of light weight toning sticks or dumbbells. It was created to emphasize muscle work along with rhythms. *All levels*