



Summer at the RECC

Group Exercise Programming

June 21 - Sept 5, 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
9:15AM	20/20/20 (Laura)	9:15AM	Silver Strong (Heather)	9:15AM	20/20/20 (Laura)	9:15AM	Barbell BossCamp (Laura)	9:15AM	Strength (Laura)
10:30AM	Yoga (Hyesun)	10:30AM	Spin and Core (Heather)	12:15PM	Cardio Kick and Core (Laura - 45min)	10:30AM	Gentle Yoga (Laura)	12:15PM	War (Joel - 45min)
12:15PM	BossCamp (Laura - 45min)	12:15PM	Full Body Burn (Heather - 45min)	5:30PM	Spin (Heather - 50min)	12:15PM	Spin (Heather - 45min)	Class Schedule Subject to Change	
5:30PM	Pound (Hema)	5:30PM	Strength (Robyn - 50min)	6:30PM	BossCamp (Heather)	5:30PM	Yoga (Hyesun)		
		6:30PM	Spin (Robyn)						

SILVER STRONG - For those who enjoy exercising in a group setting with a social aspect to make it fun! Includes a mix of strength, cardio and core workouts.

SPIN + CORE - A class that starts out on a stationary bike and ends with core exercises. A great way to burn calories and strengthen your core!

STRENGTH - A total body workout using barbells, free weights, tubing, stability balls, and body weight. A great way to target and tone all of the major muscle groups; for all fitness levels.

SPIN - A high-energy cardio work out on a stationary bike that burn calories, and sends your fat-burning systems into overdrive. Set to music, it will be the ride of your life!

YOGA - A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.

BOSSCamp (Becoming Our Strongest Selves) A fast-moving class meant to kick your cardio system into high gear with athletic drills, muscle conditioning, and core training - All in one place!

POUND - Sweat, sculpt and ROCK your body with a workout combining cardio & strength to tone your lower body, sculpt your upper body, and define your abs.

CARDIO KICK & CORE - High intensity cardio kickboxing with core and lower body strength mixed in.

FULL BODY BURN - A Full Body workout that is sure to kick your butt into gear!

20/20/20 - is a combination class where you get 20 minutes of cardio (Mixed Impact, Step, Kickboxing), 20 minutes of Strength and 20 minutes of core and stretching. Great for all fitness levels filled with lots of fun and variety!

WAR - Become armed & dangerous with this exhilarating total body workout that combines cardio and strength using punches and kicks