

Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Circuit Sculpt 11:30 – 12:15 pm Jenny Cooper	Zumba 11:30 – 12:15 pm Jenny Cooper	Yoga Tone 11:30 – 12:15 pm Dildar Cooper	Kickboxing 11:30 – 12:15 pm Emma Cooper	Cycling 3:00 – 3:45 pm Alaura Cooper	Yoga 4:00 – 5:00 pm Marcello Glimmerglass
Zumba 6:00 – 7:00 pm Bree Cooper	Kickboxing 4:00 – 5:00 pm Emma Cooper	Cycling 4:00 – 4:45 pm Leah K. Cooper	Cycling 4:00 – 4:45 pm Ondrea Cooper	Kickboxing 4:00 – 5:00 pm Emma Cooper	Undo & Renew Yoga 9:00 – 10:00 pm Spencer Cooper
Speed Cycle 7:00 – 7:30 pm Alaura Cooper	Cycling 7:00 – 7:45 pm Leah K. Cooper	Speed Cycle 7:00 – 7:30 pm Caitlyn Cooper	Arms & Abs 7:00 – 7:30 pm Kiana Cooper	Mindfulness Yoga* 4:00 – 5:00 pm Steve Lee Hall	 <i>Class offered after gym closes</i>
Arms & Abs 7:00 – 7:30 pm Caitlyn Glimmerglass	HIIT 30 7:00 – 7:30 pm Kiana Glimmerglass	Arms & Abs 7:00 – 7:30 pm Lea S. Glimmerglass	Cycling 7:00 – 7:45 pm Kristen Glimmerglass	BGT 4:00 – 4:30 pm Lea S. Glimmerglass	
BGT 7:30 – 8:00 pm Alaura Cooper	BGT 7:30 – 8:00 pm Kiana Glimmerglass	BGT 7:30 – 8:00 pm Caitlyn Cooper	HIIT 30 7:30 – 8:00 pm Kiana Cooper	Arms & Abs 4:30 – 5:00 pm Lea S. Glimmerglass	
Speed Cycle 7:30 – 8:00 pm Caitlyn Glimmerglass	Zumba 8:00 – 9:00 pm Emily Cooper	Speed Cycle 7:30 – 8:00 pm Lea S. Glimmerglass	Yoga 8:00 – 9:00 pm Ondrea Cooper		
Yoga Tone 8:00 – 9:00 pm Dildar Cooper	Yoga 8:00 – 9:00 pm Ondrea Glimmerglass	Undo & Renew Yoga* 8:00 – 9:00 pm Spencer Riggs Hall	Zumba 8:00 – 9:00 pm Emily Glimmerglass		
Yoga 8:00 – 9:00 pm Spencer Glimmerglass	Yoga 9:00 – 10:00 pm Micky Cooper	Zumba 8:00 – 9:00 pm Emily Glimmerglass	Yoga 9:00 – 10:00 pm Marcello Glimmerglass		
Zumba 9:00 – 10:00 pm Henry Cooper	Zumba 9:00 – 10:00 pm Henry Glimmerglass	Zumba 9:00 – 10:00 pm Henry Cooper			*Membership not needed to attend these classes

Cancellations may occur; we will make the best effort to avoid this situation and apologize for the inconvenience in advance.

Spring Semester 2020

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Class Descriptions

Cycling: A high energy class with great music and motivating instructors guiding you through various sprints, climbs, and flats. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early!

Speed Cycle: A shorter version of our cycling class. You'll be sure to burn plenty of calories with this fun and upbeat bike workout. Open to all, regardless of cycling experience. Seats are limited so be sure to arrive early!

Arms & Abs: Meant to sculpt the arms with targeted exercises for the triceps, shoulders, biceps, and upper back. We will also focus on the core to taper and strengthen your torso.

Kickboxing: This class blends aspects of martial arts with an intense cardio workout and full body exercises to help you work up a sweat and relieve some stress!

Yoga: All skill levels welcome! Our class styles vary from Vinyasa, Mobility, Restorative, and Renewing Yoga. Yoga instructors will base each class on participants' requests and skill level to ensure a positive time that will relax your body and mind.

Yoga Tone: This class fuses classic Yoga with strength training, weights, and cardio. All levels welcome!

Undo & Renew Yoga: Enjoy a quiet and relaxing yoga class. Gentle poses and breathing exercises will be emphasized to help relieve stress and relax your body. Rejuvenating for the body and mind.

Zumba: Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

BGT: This class is designed to isolate those hard to tone muscle groups ...your butt...your gut...and your thighs! Learn to use different equipment and your own body weight to strengthen and tone your core and lower body.

HIIT 30: This 30-minute High Intensity Interval Training class is a training technique in which you give an all-out effort through quick, intense bursts of exercise followed by short, active recovery periods.

Fitness Center Semester Hours	
Monday – Thursday	7:00 am – 11:00 pm
Friday	7:00 am – 8:00 pm
Saturday	9:00 am – 8:00 pm
Sunday	9:00 am – 9:00 pm