# Group Fitness Schedule

## Morning Classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 - JESS</td>
<td>5:15 - JEN</td>
<td>8:00 - LORI</td>
<td>5:15 - OLIVIA</td>
<td>8:00 - SUE</td>
<td>7:15 - DIANE</td>
<td>7:45 - JESSICA</td>
</tr>
<tr>
<td>GROUP FIGHT</td>
<td>GROUP POWER</td>
<td>GENTLE YOGA</td>
<td>GROUP POWER</td>
<td>GENTLE YOGA</td>
<td>AQUA ZUMBA (45)</td>
<td>GROUP CENTERGY</td>
</tr>
<tr>
<td>8:00 - STACEY</td>
<td>8:00 - PAULA</td>
<td>8:00 - PAULA</td>
<td>7:00 - ASHLEY</td>
<td>8:00 - STACEY</td>
<td>8:15 - KELLY</td>
<td>8:15 - DIANE</td>
</tr>
<tr>
<td>GENTLE YOGA</td>
<td>20/20/20</td>
<td>DEEP WATER AEROBICS**</td>
<td>GROUP ACTIVE</td>
<td>GENTLE YOGA</td>
<td>GROUP FIGHT</td>
<td>GROUP POWER</td>
</tr>
<tr>
<td>8:00 - PAULA</td>
<td>9:15 - CHRISTA</td>
<td>9:00 - CHRISTA</td>
<td>8:00 - PAULA</td>
<td>9:15 - CHRISTA</td>
<td>9:15 - KARIN</td>
<td>9:30 - KARIN</td>
</tr>
<tr>
<td>AQUA AEROBICS**</td>
<td>GROUP POWER</td>
<td>GROUP CORE (30)</td>
<td>20/20/20</td>
<td>GROUP GROOVE</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</td>
</tr>
<tr>
<td>9:15 - ASHLEY</td>
<td>10:30 - DIANE</td>
<td>9:30 - CHRISTA</td>
<td>9:15 - JEN</td>
<td>GROUP CENTERGY</td>
<td>GROUP POWER</td>
<td>GROUP POWER</td>
</tr>
<tr>
<td>10:45 - LORI/PAULA</td>
<td>11:45 - STACEY</td>
<td>10:45 - PAULA/BARBARA</td>
<td>10:30 - LORI</td>
<td>11:45 - JEN</td>
<td>10:45 - PAULA/SARA</td>
<td>10:30 - CHRISTINE</td>
</tr>
<tr>
<td>SILVER SNEAKERS CARDIO (45)</td>
<td>CHAIR YOGA</td>
<td>SILVER SNEAKERS CLASSIC (45)</td>
<td>GROUP CENTERGY</td>
<td>CHAIR YOGA</td>
<td>SILVER SNEAKERS CLASSIC (45)</td>
<td>10:30 - KARIN</td>
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</tbody>
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## Afternoon Classes

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:15 - JESSICA</td>
<td>4:30 - CHRISTY</td>
<td>4:30 - NOELLA</td>
<td>4:30 - KARIN</td>
<td>4:00 - JESSICA</td>
<td>4:00 - JESSICA</td>
<td>4:00 - JESSICA</td>
</tr>
<tr>
<td>INSANITY (30)*</td>
<td>GROUP POWER</td>
<td>GROUP BLAST</td>
<td>GROUP POWER</td>
<td>GROUP CENTERGY</td>
<td>GROUP CORE (30)</td>
<td>GROUP CENTERGY</td>
</tr>
<tr>
<td>4:30 - NOELLA</td>
<td>5:30 - KELLY</td>
<td>5:30 - CHRISTA</td>
<td>5:30 - OLIVIA</td>
<td>4:30 - LORI</td>
<td>4:30 - LORI</td>
<td>4:30 - LORI</td>
</tr>
<tr>
<td>GROUP FIGHT</td>
<td>GROUP FIGHT</td>
<td>GROUP GROOVE</td>
<td>GROUP FIGHT</td>
<td>GROUP CENTERGY</td>
<td>GROUP POWER</td>
<td>GROUP POWER</td>
</tr>
<tr>
<td>5:30 - OLIVIA</td>
<td>6:00 - MONA</td>
<td>5:30 - JESSICA</td>
<td>6:00 - SARA</td>
<td>5:30 - CHRISTY</td>
<td>5:30 - CHRISTY</td>
<td>5:30 - CHRISTY</td>
</tr>
<tr>
<td>GROUP BLAST</td>
<td>AQUA TABATA**</td>
<td>INSANITY (30)*</td>
<td>AQUA AEROBICS**</td>
<td>GROUP POWER</td>
<td>GROUP POWER</td>
<td>GROUP POWER</td>
</tr>
<tr>
<td>6:45 - KARIN</td>
<td>6:30 - KELLY</td>
<td>6:45 - CHRIStY</td>
<td>6:30 - ASHLEY</td>
<td>6:30 - BRI</td>
<td>6:30 - BRI</td>
<td>6:30 - BRI</td>
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<tr>
<td>GROUP POWER</td>
<td>GROUP GROOVE</td>
<td>GROUP POWER</td>
<td>GROUP CENTERGY</td>
<td>GROUP CORE (30)</td>
<td>INSANITY (30)</td>
<td>INSANITY (30)</td>
</tr>
<tr>
<td>7:45 - LORI</td>
<td>7:15 - ASHLEY</td>
<td>7:45 - DIANE</td>
<td>7:15 - CARLA</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</td>
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<tr>
<td>GROUP CENTERGY</td>
<td>GROUP ACTIVE</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</td>
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## Notes
- All classes are 60 minutes unless noted otherwise in parentheses.
- *Held in the upstairs yoga studio. Sign-in at the front desk required no more than 30 minutes before class.* **Held in the pool.

**Schedule effective as of January 4, 2016**

**Looking for Group RIDE, R30, or Yoga?**

Check out the new RIDE Room & Yoga Studio schedules

**Basic Group Fitness Rules**
- Children under age 12 are **not allowed** to participate in Group POWER, Group ACTIVE, or Group CORE.
- If supervised by parent ages 8–14 are welcome to take Group FIGHT, GROUP CENTERGY, Group BLAST, Group GROOVE, INSANITY & Aqua classes.
- Children ages 8–14 are welcome to take all classes on this schedule if supervised by parent.
- Help keep our gym clean! ONLY Athletic shoes in the group fitness rooms.
- Please be on time.

**Hours of Operation**
- Monday – Friday: 5am – 9pm
- Saturday – Sunday: 7am – 5pm
- 978-630-9212 | mwcc.edu/fitness |
GROUP FITNESS CLASS DESCRIPTIONS

**AQUA AEROBICS**
Calisthenics and aerobic activity performed to music in the pool. Tools are used to increase the waters' resistance, while maintaining minimal stress on the joints.

**DEEP WATER AEROBICS**
This is the place for core strength development and muscle conditioning! Experience this non-impact workout done completely suspended in deep water. Realize your power – maximize your training results! Water belts provided and required!

**AQUA TABATA**
People love boot camp on land... and it is even better in the WATER! Aqua Boot Camp offers a high intensity, athletic approach to water fitness, using gravity from land and the resistance of the water.

**AQUA ZUMBA**
This course is the “pool party” workout for all ages. A class that is safe, effective and a challenging water-based workout, that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

**GROUP CENTERGY®**
Redeﬁne yourself with Group CENTERGY. Grow longer and stronger as you explore this 60 minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile.

**GROUP POWER®**
Group POWER is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group POWER is for all ages and ﬁtness levels. Discover results, discover Group POWER!

**GROUP BLAST®**
Blast off your workout with 60 minutes of cardio training that uses the STEP in highly effective, athletic ways. Group BLAST will get your heart pounding & sweat pouring as you improve your ﬁtness, agility, coordination, and strength with exciting music and group energy. Have a BLAST!

**GROUP FIGHT®**
Group FIGHT brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio ﬁtness to the next level while deﬁning and shaping your body and self conﬁdence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group FIGHT will knock you out!

**GROUP RIDE®**
Everyone ﬁnishes ﬁrst in Group RIDE! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 50 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you RIDE on!

**R30®**
Get fitter in only 30 minutes with R30! It’s as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio ﬁtness as you ride with surges, short intervals, power, and end with a rush. In R30 everyone ﬁnishes ﬁrst!

**GROUP GROOVE®**
If you can move, you can GROOVE. You’ll stomp, ﬂick, wiggle, hip-hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute ﬁtness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funny, easy going instructors help you get a move on with Group GROOVE!

**GROUP ACTIVE®**
Feeling ﬁtter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of ﬁtness, Group ACTIVE will increase your cardio ﬁtness, build your strength and improve your balance and ﬂexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life, get ACTIVE!

**GROUP CORE®**
Let’s get Hard CORE! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain with integrated exercises using your body weight, weight plates, a towel and a platform — all to challenge you like never before. Reach your peak with Group CORE!

20/20/20
Here’s the class you’ve been looking for! This class will give you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning. All ﬁtness levels are welcome!

**SILVERSNEAKERS® CLASSIC**
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are provided.

**SILVERSNEAKERS® CARDIO**
Get up & go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises — all designed to energize your active lifestyle! A chair is available if needed for seated or standing support.

**GENTLE YOGA**
Gentle Yoga is designed to increase the ﬁtness level of any age. Gentle Yoga includes yoga poses and methods that will allow you to increase muscular strength, endurance, ﬂexibility, and increase stamina, lung capacity and overall wellness. Chair support is offered.

**CHAIR YOGA**
A chair replaces the yoga mat and becomes an extension of the body. Poses are done seated on the chair or the chair is used for support while standing. Chair Yoga is suitable for all ages and ﬁtness levels. Sneakers are worn during Chair Yoga.

**INSANITY®**
INSANITY® is a cardio-based total body conditioning program. It is an interval class that requires no equipment, is easy to learn and fun to take! Intervals consist of various athletic drills which result in high caloric burn. Modifications are demonstrated for all ﬁtness levels. All instructors are INSANITY® certified. 30 & 55 Min classes are offered.