## 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>AQUA ZUMBA (45)*</td>
<td>GROUP CENTERGY</td>
<td>GROUP CORE (30)</td>
</tr>
<tr>
<td>8:00 - STACEY</td>
<td>8:00 - PAULA</td>
<td>8:00 - PAULA</td>
<td>7:00 - MARIEL</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 - MARIEL</td>
<td>10:30 - DIANE</td>
<td>9:30 - CHRISTA</td>
<td>9:15 - JEN</td>
<td>10:30 - CHRISTINE</td>
<td>10:30 - KARIN</td>
<td></td>
</tr>
<tr>
<td>10:45 - LORI/PAULA</td>
<td>11:45 - STACEY</td>
<td>10:45 - PAULA/BARBARA</td>
<td>10:30 - CARLA</td>
<td>11:45 - JEN</td>
<td>10:45 - PAULA/SARA</td>
<td></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></td>
</tr>
</tbody>
</table>

### AFTERNOON CLASSES

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<thead>
<tr>
<th>Monday</th>
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<th>Friday</th>
<th>Saturday</th>
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</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 CORE (30)</td>
<td>GROUP POWER</td>
<td>GROUP POWER</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>
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<tr>
<td>GROUP FIGHT</td>
<td>GROUP FIGHT</td>
<td>GROUP GROOVE</td>
<td>GROUP FIGHT</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</td>
<td>GROUP CENTERGY</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>
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<td>GROUP POWER</td>
<td>INSANITY (30)</td>
<td>GROUP POWER</td>
<td>GROUP CORE (30)</td>
<td>INSANITY (30)</td>
<td>GROUP CENTERGY</td>
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<td>7:45 - LORI</td>
<td>7:15 - ASHLEY</td>
<td>7:45 - DIANE</td>
<td>7:15 - KAREN</td>
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<td>GROUP CENTERGY</td>
<td>GROUP ACTIVE</td>
<td>GROUP CENTERGY</td>
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**Schedule effective as of March 7, 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 | 📘

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.
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!

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.

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