

McLaren May 2012

MMCC Group Exercise

Schedule



LAST DAY FOR MMCC CLASSES SAT 5/5

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a	PiYo Judi	Zumba Judi	PiYo Judi	TurboKick Judi	Zumba Toning Judi	May 5 th 8a CardioKick/ Sculpt 9a PiYo BARB
8:30a-9:30a	Cardio Fuse Judi	CSI Judi	StepFuse Judi	CSI Kristy	Cardio Fuse Kristy	May 12 th 8a TurboKick 9a PiYo BRANDI
10:15a - 11:15a	Zumba Gold Judi *11a-11:45a*				Zumba Gold Judi	May 19 th 8a Zumba 9a PiYo JUDI
4:15p-5:15p	Body Sculpt/ Zumba Toning Judi		Muscle Up! Lisa		Zumba Judi	May 26 th NO CLASSES- MEMORIAL DAY WKEND
5:30p-6:30p	StepTonic Kristy	Cardio Kickboxing Barb	Step/ Sculpt Cindy	Zumba Judi		
6:30p-7:00p		PiYo Express Barb		Butt and Gut Barb Judi		

AEROBICS:
\$7.00 PER CLASS
-OR-
PUNCH CARDS:
\$60 FOR 12
CLASSES
for Nonmembers

**YOGA/
PILATES:**
\$10 PER CLASS
-OR-
PUNCH CARDS:
\$80 FOR 10
CLASSES
for Nonmembers

**MMCC
STUDENTS
CANNOT
TAKE:**
Aikido, Mat
Pilates, Silver
Sneakers, and
Yoga (as part of
their MMCC grade)

**QUESTIONS
OR
COMMENTS?**
Call (989) 779-
5602 and ask for
Kristy

**LOOK FOR US
ON THE WEB:**
www.wcfitness.org
and
www.facebook.com/McLaren

Class Descriptions

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***

Cardio Fuse: (Formerly called: "Step 50/50" and "CardioKick 50/50") Fusing together cardio and sculpting! The first half of class is cardio...just enough to get the heart pumping! The second half is body sculpting using various strength materials. ***All Levels***

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***

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***

StepFuse: (Formerly called: "Step 50/50") Fusing together Step and sculpting! The first half of class is Step. The second half is body sculpting using various strength materials. ***All Levels***

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***

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***

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***