

MMCC Aerobics Class Syllabus

This is an eight week course

**To find the MMCC Group Exercise schedule, please go to: www.wcfitness.org **

Course: PED 103 – PED 203 – PED 243

Dates: 1/9/2012-3/3/2012

Instructors: McLaren Fitness Instructors

Location: McLaren Fitness
2600 Three Leaves Drive
Mt. Pleasant, MI 48858

Contact: Kristy Pollatz, Group Exercise Coordinator

Telephone: (989) 779-5602

* Important Notices *

1. In order to officially register for a class attendance card, you **must** provide proof of registration for the class to McLaren Fitness staff **before** classes start at MMCC.
2. Class cancellations do happen occasionally. **Students** are still responsible for completing the minimum number of aerobics classes to achieve a passing grade. Please refer to our website for class cancellations.
3. Attendance will be taken based upon how many classes that are taken *per week*. In order to achieve full credit, **you must attend 2 classes per week. You cannot take more than 2 classes per week.** You cannot make up missed classes *unless* you obtain a doctor's note verifying the reason you missed class. You must continue to fulfill your two classes per week when making up missed classes due to illness. Those two make-up classes must be completed the following week.
4. MMCC students *cannot take:* Aikido, Mat Pilates, SilverSneakers, and Yoga classes for credit.

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 those key areas of the body. Various materials may be used: physioball, BOSU, bands, Body Bars, step, dumbbells, and/or body weight. **All Levels**

CardioFuse: (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. 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**

PiYo: A dynamic, faster-paced class designed to effectively improve function 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**

StepFuse: A good mix of step and sculpting! The first half is step aerobics...just enough to get the heart pumping! The second half is body sculpting using various strength materials. **Moderate**

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**

Super Step: An extra 15 minutes of Step fun! A cardiovascular conditioning class with high-intensity and low/high-impact choreography using a step platform. This class includes extra endurance training using either body weight or a variety of strength materials. All are welcome if you want a challenge! **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**

COURSE GRADING

As an MMCC student you are required to attend:

16 Classes.....	A
15 Classes.....	A-
14 Classes.....	B+
13 Classes.....	B
12 Classes.....	C
11 Classes.....	D+
10 Classes.....	D
9 or less classes attended.....	F

CLASS REQUIREMENTS

1) Each student must stay and *actively participate* for the entire class. Students must **have the instructor initial their attendance card** at the *end* of each class. You are graded on attendance only – not ability. Students may not be late or leave early for class. At the instructor’s discretion, you will NOT receive credit for a class if you arrive more than 5 minutes late and/or leave more than 5 minutes early.

2) You must pay \$7.00 (\$10 for “Specialty” classes) for any classes attended after you have reached 16 classes.