MAY 2013

McLaren Group Exercise Schedule

NO CLASSES 5/25 & 5/27

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-6:30a	Zumba Judi		PiYo Judi	**Sculpt Fusion** Judi		MAY 4TH 8a Zumba SHAWN S.
7:00a-8:00a		Sunrise Yoga Debbie		Sunrise Yoga Debbie		MAY 11TH 8a Step/Sculpt CINDY 10:30a-1:30p Aikido Basics BILL
8:30a-9:30a	CardioFuse Judi	CSI Judi	StepFuse Judi	CSI Kristy	CardioFuse Kristy	
10:15a-11:15a	Silver Sneakers® YogaStretch Judi	Silver Sneakers® MSROM Natalie	Silver Sneakers® YogaStretch Judi	Silver Sneakers® MSROM Kristy	Zumba Gold Judi	MAY 18TH 8a Zumba Sentao JUDI
4:15p-5:15p	Body Sculpt/Zumba Toning Judi	Vinyasa Yoga Sharon	Muscle Up! Lisa	Vinyasa Yoga Sharon	Zumba Judi	MAY 25TH **NO CLASSES!**
5:30p-6:30p	Step/Sculpt Kristy	Cardio Kickboxing **5:30p-6:15p** Barb	Step/Sculpt Cindy	Zumba Judi	Mat Pilates Catherine	
6:15p-7:00p		PiYo Express **6:15p-7p** Barb				
6:45p-7:45p	Sunset Yoga Jocelyn	Aikido Scott **7:15p-8:45p**	Sunset Yoga Jocelyn	Aikido Scott **7:15p-8:45p**		

Group Exercise Classes: $7/class; Punchcards $60/12 *for nonmembers*
Specialty Classes: (Yoga and Mat Pilates) $10/class; Punchcards $80/10 *for nonmembers*
**MMCC Students:* May not take Aikido, Cycling, Pilates, SilverSneakers, or Yoga for credit*
Questions? Call 989.779.5602 and ask for Kristy or look for us on the Web:
www.wcfitness.org and *www.facebook.com/mclaren*

Class Descriptions:

Aikido: A defensive martial arts class with no emphasis on attacking, but neutralizing aggression. Be prepared for its physical demands especially in core, lower body, and cardiovascular system. *Moderate*

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*

CardioFuse: A good mix of CardioKickboxing OR Step and sculpting! The first half is Kickboxing OR Step…just enough to get the heart pumping! The second half is body sculpting using various strength materials. Each week alternates between CardioKickboxing and Step. *Moderate*

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*

Mat Pilates: This is a mat-based class focusing on a classical Pilates repertoire to achieve core stability and optimal postural alignment. A flexibility component will include yoga stretches. *All Levels*

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 faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by pilates, yoga, athletic conditioning, and functional training. Great for core strength, balance, and flexibility. *All Levels*

PiYo Express: (45 minute class) 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*

*Sculpt Fusion: This class is a menagerie of all kinds of Sculpting options: Zumba Toning, Body Sculpt, or Zumba Sentao. Each week, classes will alternate between all three types of classes. *All Levels*

SilverSneakers® MSROM (Muscle Strength and Range of Movement): Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, & activity for daily living skills. Hand-held weights, resistance bands, and a ball are offered for resistance, and a chair is used for seated and standing support. *Beginner*

SilverSneakers® YogaStretch: will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. *Beginner*

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*

Sunrise Yoga: Meet the day as you stretch, relax, and renew! Linking breathing with movement to strengthen, build stamina and balance! *All Levels*

Sunset Yoga: Lengthen, strengthen, rest, and restore both body and mind. A variety of yoga styles connected through the breath to work towards releasing muscle tension, strengthening the body, and achieving an overall sense of balance and calm. *All levels*

TurboKick: 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*

Vinyasa Yoga: "Vinyasa" means "synchronized movement". By linking the movement with the breath, participants build an internal heat which purifies the body and mind. This class can be a physically challenging practice, but all are welcome! *Intermediate*

Zumba: 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. *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 Sentao: Zumba Sentao combines strength and resistance training with Latin dance moves, all centered around a chair. It is a combination of cardio, toning and core strengthing. The choreography can be modified and adapted for all fitness levels. *All Levels*

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*