

## Group Exercise Class Schedule—Land

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:00 AM	Reveille Boot Camp (Michele)		Reveille Boot Camp (Michele)			
6:00 – 6:45 AM	Kickboxing (Pam)		Kickboxing (Pam)		Kickboxing (Pam)	
8:00 – 9:00 A.M			ZUMBA ® Morning Java (Jennifer) <b>(Reservation Fee)</b>			
9:00 – 10:00 AM	ZUMBA ® (Kelli) <b>(Reservation Fee)</b>	Ease Into Exercise Morning Stretch (Patty)	Hip Hop/Body Sculpting (Kelli)	Ease Into Exercise Morning Stretch (Kelli)	ZUMBA ® (Patty) <b>(Reservation Fee)</b>	
10:00 – 11:00 AM	Intermediate Line Dance (Kelli)	Body Sculpting (Patty)	Beginner Line Dance (Kelli)	Body Sculpting (Kelli)	Intermediate Line Dance (Kelli)	
12:00 – 12:45 PM		ZUMBA ® Mandi <b>(Reservation Fee)</b>		ZUMBA ® Sheryl <b>(Reservation Fee)</b>		
4:00 – 5:00 PM	ZUMBA ® Recess Party (Michele) <b>(Reservation Fee)</b>		ZUMBA ® Recess Party Sheryl <b>(Reservation Fee)</b>			
4:30 – 5:25 PM		Line Dance (Kelli)				
5:25 – 5:55 PM		Hip Hop Dance (Kelli)		Hip Hop Dance (Kelli)		
5:35 – 6:20 PM	Sweat Shop Step Aerobics (Patty)		ZUMBA ® Patty <b>(Reservation Fee)</b>			
6:20 – 7:05 PM	6:20 Body Sculpting 6:50 Ab Blast (Patty)		6:20 Body Sculpting 6:50 Ab Blast (Patty)			
6:00 – 7:00 PM		Yoga <b>(fee)</b> (Sue Davy) 1/12 – 3/2/10		ZUMBA ® Kelli <b>(Reservation Fee )</b>		
7:15 – 8:00 PM	Kickboxing (Ash-lee)	ZUMBA ® (Jennifer) <b>(Reservation Fee)</b>		Kickboxing (Ash-lee)		

### Class Descriptions\*\*

**Ease into Exercise:** A 30 minute class using chair exercises to improve flexibility, balance and muscle strength.

**Morning Stretch:** A progressive stretch routine for improving flexibility, posture and range of motion.

**Sweat Shop Step Aerobics:** A fun, up-tempo, multilevel cardio and dance routine that will boost your metabolism get you sweating and improve your endurance.

**Ab Blast:** In a hurry? Jump in at the end of the body sculpting class for 15 minutes of abdominal & core exercises targeting the 3 major regions.

**Body Sculpting/Toning:** A workout using dumbbells, resistance bands and stability balls to improve muscular strength, endurance and balance.

**Reveille Boot Camp:** Get your day started with a bang with this up-tempo combo class

**Line Dance:** A fun way to exercise while building coordination, balance and memory.

**Hip Hop Dance:** A high-energy cardio experience.

**Kickboxing:** Combines elements of boxing, martial arts and aerobics to provide overall physical conditioning and toning.

**ZUMBA ® -** A Latin-inspired, dance-fitness class – an effective, innovative and exciting workout designed for EVERYONE. Fun + Different + Easy + Effective = ZUMBA ® fun.

**Yoga:** 60 minutes of stretching, deep breathing and relaxation for all levels.

**EFFECTIVE: FEBRUARY 1, 2010**

## Group Exercise Schedule--Water

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:45 AM	Light & Lively (Mandi)		Light & Lively (Mandi)		Light & Lively (Mandi/Sheryl)	
9:00 – 9:45 AM	Water Works (Mandi)	Water Works (Sheryl)	Water Works (Mandi)	Water Works (Sheryl)	Water Works (Mandi/Sheryl)	
10:00 – 10:45 AM	Water Power (Mandi)	Water Power (Sheryl)	Water Power (Mandi)	Water Power (Sheryl)	Water Power (Mandi/Sheryl)	
4:30 – 5:15 PM	Light & Lively (Sheryl)		Light & Lively (Jennifer)	Light & Lively (Jennifer)		
5:30 – 6:15 PM	Water Works (Sheryl)	Water Power (Sheryl)	Water Works (Jennifer)	Water Power (Jennifer)		
6:45 – 7:30 PM	Water Power (Sheryl)	Water Power (Sheryl)		Water Power (Ashley)		

### Class Descriptions\*\*

**Light and Lively (Arthritis Class):** Designed with slow, flowing rhythmic moves to get your blood flowing and ease your joints.

**Water Works:** A full body strength workout in the water using Styrofoam barbells. Join in and improve muscular strength, endurance and balance. This workout is easily tailored for your desired intensity. Suitable for all ages and fitness levels.

**Water Power:** A challenging cardio workout with strengthening and toning using a variety of resistance equipment. Training in the water makes this workout safe and fun! Medium intensity.

**H2O Baby:** This action-packed water class lets you exercise in the water with your baby (infants to 3 years old) at your side. Mom focuses on aerobic conditioning and muscle strengthening while baby is floating and helping to add resistance to your workout. Session length is six weeks.

**Note: Warm water pool is reserved for Physical Therapy use every Tuesday-Friday from 1:00-4:00 pm. General access may be restricted. Please ask the therapists if you may enter, thanks.**

*We are constantly evaluating our group exercise program to provide you with the best possible options and welcome your feedback.*



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BALANCE	MOTIVATION	CHANGE
<p>Most people exercise to stay healthy and fit. Three keys to a successful program are BALANCE – assuring you are balancing cardio exercise with strength, core exercise and rest periods. MOTIVATION – most exercisers stay motivated while working within a group setting. Group settings provide opportunities to exercise and socialize. CHANGE – Exercise brings positive changes; not only for your body but for your mind and soul as well.</p>		

**\*\*Modifications given in ALL classes**

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