



Group Fitness Schedule August 20th – August 26th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Small Group Ex Room Closed 8/15 - 8/21

AR 1- LARGE GROUP EX ROOM AR 2- SMALL GROUP EX ROOM

Spaces may not be saved by a friend. Shaded classes require a fee and registration. This schedule is subject to change. Some classes may require a card due to limited space.

Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th	Saturday 25 th
Bootcamp 5:30-6:30am Steve- AR 1		Boot Camp 5:30-6:30am Kevin - Gym	Power Yoga 5:30-6:30am Esther- AR 2	Boot Camp 5:30-6:30am Steve -Gym	
		Pound 5:30-6:15am Julie W- AR 1			
		Enhance Fitness 8:00-9:00am Yesenia - AR 2	Power Yoga 8:25-9:25am Kim G- AR 2	Enhance Fitness 8:00-9:00am Terre - AR 2	Functional FX (preview) 7:00-8:00am Steve - WC Limit 12
Pumped Up 8:30-9:20am Kristen- AR 1	Kickboxing 9:15- 10:00am Suzuka- AR 1	Strength Train Together 9:15-10:15am Marenda - AR 1	Body Shred/Abs 9:15-10:10am Suzuka- AR 1	Functional FX (preview) 9:00- 10:00am Melissa - WC Limit 12	TRX (Preview) 8:30-9:15am Melissa - CR Limit 6
WERQ 9:30-10:15am Kristen- AR 1	Cardio Interval 10:15-11:00am Amy R- AR 1	Functional FX (preview) 10:00-11:00am Melissa- WC Limit 12	Zumba 9:30-10:15am Stacy- AR 2	Step/Sculpt 9:15-10:10am Lynn- AR 1	Piyo 8:30-9:25am Amy - AR 1
		Enhance Fitness 10:30-11:30am Yesenia - AR 2	PIYO 10:15-11:10am Amy - AR 1	Pound 9:30-10:15am Alyson- AR 2	Zumba 9:30-10:15am Ligia - AR 1
				Enhance Fitness 10:30-11:30am Terre - AR 2	
				Strength Train Together 4:30-5:30pm Marenda - AR 1	Sunday 26th
Kickboxing 5:40-6:30pm Kristen - AR 1	Pound 5:30-6:15pm Alyson - AR 1	Fitness Yoga 5:30-6:30pm Allene- AR 2	Step/Sculpt 5:30-6:25pm Kim K- AR 1		Pound 8:30-9:15am Julie W - AR 1
Functional FX (preview) 6:15-7:15pm Kim K- WC Limit 12	Insanity 6:25-7:20pm Carrie - AR 1	Small Group Boxing (preview) 6:15-7:15pm Kristen- WC Limit 6	WERQ 6:30-7:30pm Kristen - AR 1		Strength Train Together 10:00-11:00am Marenda- AR 1
Strength Train Together 6:35-7:35pm Minerva - AR 1	Zumba 7:30-8:15pm Ligia - AR 1	Strength Train Together 6:35-7:35pm Julie M - AR 1	Pound 7:35-8:20pm Julie- AR 1		
		WERQ 7:40-8:30pm Kristen - AR 1	Hatha Yoga 7:40-8:50pm Neeta - AR 2		

Last updated 08/8/18. AR 1= Aerobic Room in Wellness Center; AR 2= Aerobic Room West; MM= Middle Multi Room; CR=Cycle Room; WC=Wellness Center; OS=Outside (Weather Permitting- will be cancelled in the event of bad weather). Schedule subject to change.

SEE REVERSE SIDE FOR CYCLING SCHEDULE





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Group Cycle Schedule August 20th - August 26th

Participants in ALL classes must get a number from the front desk no more than 1 hour before class. Spaces may not be saved by a friend. Shaded classes require a fee and registration. This schedule is subject to change.

Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th	Saturday 25 th
	Group Cycle- CBC 5:30-6:15am Courtney- CR		Group Cycle 5:30-6:15am Yonika- CR		
	Virtual Cycle 7:00-7:45am Virtual - CR		Virtual Cycle 7:00-7:45am Virtual - CR	Group Cycle- CBC 8:30- 9:15am Esmeralda- CR	Group Cycle- CBC 7:40-8:25am Jen B- CR
Group Cycle- CBC 9:30-10:15am Melissa- CR	Cycle/Sculpt 9:30-10:30am Melissa- CR	Group Cycle- My Ride- Tour 9:30-10:15am Jen B- CR	Cycle/Sculpt 9:30-10:30am Melissa- CR		Group Cycle 9:30-10:15am Melissa- CR
					Sunday 26th
	Group Cycle- CBC 5:30-6:15pm Marenda- CR		Group Cycle- CBC 5:30-6:15pm Esmeralda- CR		Group Cycle 9:00-9:45am Erin- CR
		Cycle/TRX (preview) 6:30-7:30pm Amy M- CR Limit 6			
Group Cycle 7:30-8:15pm Kim K- CR			Virtual Cycle 7:30-8:15pm Virtual- CR		

Schedule subject to change. Last updated 8/6/18. CR=Cycle Room; Virtual Cycle classes do not need cards for entry.

Cycle Descriptions:

FTP Cycle Test: (FREE) A 30 minute class that will include a 5 minute warm-up, 5 minute Functional Threshold (FTP) test, and a small Cycle class using the test information to better gage your workout. Please download the free ICG Training App prior to class.

Cycle & Sculpt: A cycling class that incorporates intervals of strength training. Any level.

Group Cycling: The classes are designed to simulate terrain and situations encountered in actual bike rides including hill climbs, sprints and interval training. The instructor uses music and enthusiastic coaching to motivate you to get to the next level. Any level.

Group Cycle- CBC (Coach By Color)- This 45 minute cycle class will focus on cycling through various color levels, while simulating various real life rides.

Group Cycle – My Ride Tour- A Cycling class that incorporates a variety of aspects such as races, virtual on screen simulation, and color modes to increase your power output.

Virtual Guided Ride- This cycle class is taught solely through a virtual coach by voice cues. Class will also include various scenery to help guide your cycle and uses color to determine level and difficulty.

Virtual Cycle- Fast Class- This cycle class is taught solely through an on-screen virtual coach simulating various elements such as sprints, climbs, and flat rides. Class is guided by color to determine level and difficulty.

Virtual Cycle- Drills- This cycle class is taught solely through an on-screen virtual coach simulating various repetitive sprints. Class is taught in color to help determine level and difficulty.