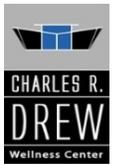


Charles R. Drew Wellness Center

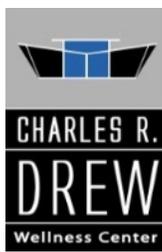
Group Exercise Schedule

November 2013



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Exercise – Aerobics Room					
	5:45 – 6:30am Spinning (Lisa)		5:45 – 6:30am Spinning (Lisa)		
				9-10AM **Yoga** (Suzann)	
					10 – 11am Step Aerobics (Geraldine)
					11:30am-12:30pm Kickboxing (Geraldine)
	12:15 – 12:45pm Tight & Toned (Beverly)	12:15-1:00PM **Yoga** (Suzann)	12:15 – 12:45pm Tight & Toned (Beverly)		
1:30 – 2:30pm Arthritis Foundation		1:30 – 2:30pm Arthritis Foundation			
	4:15-5PM Ultimate Circuit Training (Ty) NEW CLASS		4:30 – 5:30 pm Meditation (Ken)		
5:45-6:45pm **Zumba** (Erica)	5:45-6:45pm **30/20/10** (Kellin)	5:45-6:45pm **Zumba** (Erica)	5:45-6:45pm **30/20/10** (Kellin)	5:30-6:15 **Pump & Sculpt** (Kellin)	
7 – 8pm Step Aerobics (Geraldine)		7 – 8pm Step Aerobics (Geraldine)			
Group Exercise – Meeting Room					
	5:30 -6:30pm Qi gong (Ken)				
Group Exercise - Gymnasium					
9 – 10am Chair Aerobics (Beverly)	9 – 10am Chair Flex & Stretch (Ken)	9 – 10am Forever Fit & Strong (Winifred)	9 – 10am Chair Flex & Stretch (Ken)		
12 -1 pm Zumba (Yvonne)		12 -1 pm Zumba (Yvonne)	12 -1 pm Zumba (Yvonne)		
4:45-5:30pm **B.L.T.** (Kimberly)		4:45-5:30pm **B.L.T.** (Kimberly)			
5:45-6:45PM WOW Bootcamp ***FREE***					





Group Exercise Class Descriptions

30/20/10: A total body workout that will target all components of fitness in one class! 30 minutes of cardio, 20 minutes of sculpting, and 10 minutes of abs and flexibility that will vary from class to class. These simple yet effective moves are ideal for exercisers of all levels!

Arthritis Foundation: This low to non-impact class uses specialty exercises that will help to improve flexibility and relieve joint pain and stiffness.

(B.L.T) Butt, Legs, & Thighs: Are you looking for a killer lower body workout? This class is designed to work out the largest muscles in the body to burn major calories through cardio and resistance training.

Chair Aerobics: This seated low to non-impact exercise class is designed to improve muscle tone and flexibility.

Forever Fit & Strong: For the active older adult who wants to improve muscle strength and joint mobility with low impact exercises done in chairs or standing with dumbbells, bands, or tubes. Once a month work your core stability on mats and practice getting up from the floor safely.

Pump & Sculpt: This is a whole body, muscle conditioning class that uses dumbbells, bands, tubes, exercise balls, & body bars as resistance tools to pump those muscles and sculpt your body.

Spinning: An indoor calorie burning ride. This class will challenge you with hills, climbs and sprints.

Step Aerobics: This whole body, muscle conditioning class that uses dumbbells, bands, tubes, and more to build muscle, burn fat and get you pumped for your weekend.

Tight & Toned: Uses resistance exercises to build strength and tone.

Ultimate Circuit Training: This class will be a combo of cardio and weights that will get your heart rate up while burning fat and gaining lean muscle. You may be using your own body weight or various props such as weights, body bars, jump ropes, stability balls or much more.

Workout for Women (WOW Bootcamp): This all female boot camp combines running, plyometrics, kettlebells, dumbbells, circuit training, and basic movements to give you a full body workout.

Zumba: The Latin dance class that will move, move your body and burn some serious calories. You have a fun while getting a full body workout!

Mind/Body/Flexibility

Flex & Stretch: Increase your range of motion and improve your core strength. Stretch and relax your tight muscles and relieve your body of stress. Open to all ages and fitness levels.

Yoga: Develop strength and flexibility as you move through various poses using the breath. Yoga will relax and restore your body to balance. The class will focus on alignment and finding balance between strength and flexibility.