



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

EXERCISE IS FUN WITH FRIENDS!

GROUP X - MARCH 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15a - 7:15a	Cycle w/ Rebecca	Cycle w/ Rebecca	Cycle w/ Rebecca	Cycle w/ Rebecca	Cycle w/ Rebecca
12:00 - 1:00p	Yoga w/ Leah	Killer Core w/ Logan (45mins)		Killer Core w/ Logan (45 mins)	
5:15p - 6:15p	Totally Tone w/ Emily	Zumba w/ Ronda	Yoga w/ Katie	Zumba w/ Ronda	
6:20p - 7:20p				Yoga w/ Katie	

CLASS DESCRIPTIONS

DON'T FORGET

- ◆ Text *FERRUMYOGA* to 84433 to receive Yoga alerts
- ◆ Text *FERRUMZUMBA* to 84433 to receive Zumba alerts
- ◆ Text *FERRUMCYCLE* to 84433 to receive Cycle alerts
- ◆ Text *FERRUMABS* to 84433 to receive Ab alerts
- ◆ Text *FERRUMTONE* to 84433 to receive Totally Tone alerts

Cycle—Rebecca Brittle

Our cycling class offers an hour long intensive workout focusing on strength and endurance. Each rider is challenged to transform their life and bodies as they engage in this journey.

Cycling is for everyone of all fitness levels as the rider is in control of their own speed and resistance, while receiving positive encouragement and direction from the instructor.

Zumba—Ronda Bryant, AFAA

Zumba® is an energetic dance fitness format that incorporates Latin and other international rhythms. This format mixes high and low intensity moves to provide an interval feel to the workout.

Zumba® combines all elements of fitness—cardio, muscle conditioning, balance and flexibility and you'll leave class feeling awesome!

Yoga—Katie Zerhelt & Leah Yetzer

The practice of yoga is for all ages and will be a great benefit no matter what your skill level may be. You will gain flexibility and strength as well as become in tune with your breath and your body.

The hatha style of yoga presented here is a beginner friendly style that is beneficial to all levels.

Advanced students will have opportunities to learn advanced poses.

Killer Core— Logan Meister

This class will offer participants the opportunity to gain overall core strength and stability, with a focus on developing abs and toning up the midsection. Uses a variety of modalities including: medicine balls, yoga balls, kettlebells, dumbbells, and bodyweight. Movement prep warm up to increase heart rate and prepare for core training provided.

Totally Tone—Emily Savoie

Enjoy an energetic circuit exercise using weights and bodyweight to experience a total body workout. This class aims to tone the entire body by using specific lengths of time for work and rest.