



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# EXERCISE IS FUN WITH FRIENDS!

## GROUP X - JANUARY 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15a - 7:15a	<b>Cycle w/ Rebecca</b>	<b>Cycle w/ Rebecca</b>	<b>Cycle w/ Rebecca</b>	<b>Cycle w/ Rebecca</b>	<b>Cycle w/ Rebecca</b>
12:00 - 1:00p	<b>Yoga w/ Leah</b>	<b>Killer Core w/ Logan (45mins)</b>		<b>Killer Core w/ Logan (45 mins)</b>	<b>MomStrong w/ Victoria (30mins)</b>
12:15 - 1:00p		<b>Cycle w/ Rebecca</b>		<b>Cycle w/ Rebecca</b>	
5:15p - 6:15p	<b>Totally Tone w/ Emily</b>	<b>Zumba w/ Ronda</b>	<b>Yoga w/ Katie</b>	<b>Zumba w/ Ronda</b>	
6:20p - 7:20p				<b>Yoga w/ Leah</b>	

## **CLASS NEWS**

- ◆ **NEW** –MomStrong on Fridays @ 12pm and Abs w/ Logan on Tues/Thurs @12pm! TotallyTone w/ Emily is back, every Monday at 5:15pm!  
**Added Cycle w/ Rebecca on T/TH @ 12:15!**

## **CLASS DESCRIPTIONS**

### **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.

## **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 *FERRUMMOM* to 84433 to receive Mom-Strong alerts
- ◆ Text *FERRUMABS* to 84433 to receive Ab alerts
- ◆ Text *FERRUMTONE* to 84433 to receive Totally Tone alerts

### **MomStrong—Victoria Brown**

Using lighter weights and higher reps in an interval style workout participants will experience total body toning and conditioning in 30 minutes. Mom-Strong focuses on functional movements that will benefit and support the everyday, non-stop lifestyle of a mother. This class can be modified to be appropriate for any mother at any stage in motherhood.

### **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.