



# JEB LITTLE CREEK GROUP EXERCISE CLASSES

## ROCKWELL HALL

### MONDAY

- 6 a.m. Spin Cycle / Strength (FF)
- 9:30 a.m. Mature Audiences
- 11:30 a.m. Power Conditioning
- 11:30 a.m. Double Step
- 5:30 p.m. Boxing
- 5:30 p.m. Power Conditioning

### TUESDAY

- 7 a.m. PRT Prep
- 11 a.m. TRX Circuit
- 11:30 a.m. Multi-Level Yoga
- 11:30 a.m. Spin Cycle
- 5:30 p.m. Step/Kickboxing/ Strength
- 5:30 p.m. Zumba (FF)
- 6:45 p.m. Hatha/Vinyasa Yoga

### WEDNESDAY

- 6 a.m. Spin Cycle (FF)
- 9 a.m. Stroller Stamina and Strength
- 11 a.m. Power 2.0
- 11:30 a.m. Zumba (FF)
- 11:30 a.m. Multi-Level Yoga (FF)
- 5:30 p.m. Boxing
- 5:30 p.m. Power Conditioning

### THURSDAY

- 7 a.m. PRT Prep
- 9:30 a.m. Mature Audiences (FF)
- 11 a.m. TRX Circuit
- 11:30 a.m. Kickboxing
- 5:30 p.m. Spin Cycle/ Strength (FF)
- 5:30 p.m. Zumba

### FRIDAY

- 11:30 a.m. Zumba (FF)
- 11:30 a.m. High Interval
- 11:30 a.m. Ropes and Bags

### SATURDAY

- 8:30 a.m. Multi-level Yoga
- 9:30 a.m. Spin Cycle/ Strength (FF)
- 10:30 a.m. Zumba (FF)

**Group exercise classes are free and open to all patrons.**

*FF = Family Friendly Class*

### CLASS DESCRIPTIONS

**BOXING:** Introducing a new boxing class for individuals interested in learning basic boxing skills and drills.

**DOUBLE STEP:** A step class using two benches to take a normal step class to another level. If you are good at step and need more intensity, then this class is for you! Geared for all fitness levels.

**HATHA/VINYASA YOGA:** Class is designed to incorporate various pose sequences, breathing, deep relaxation and mindfulness techniques to increase your flexibility, balance and endurance as well as strengthen your mind-body connection. Gentle, yet powerful, yoga practice for beginners as well as seasoned practitioners.

**HIGH INTERVAL:** A fast-paced class that may include short bursts of cardio, followed by strength exercises. All levels are welcome.

**MATURE AUDIENCES:** A low impact workout for our older crowd, or beginners, that will make you sweat. (FF)

**MULTI-LEVEL YOGA:** Come enjoy this multidimensional yoga class. Whether you are new to yoga or an experienced practitioner, everyone will benefit. Blending the physical yoga poses with conscious breath work will help you gain flexibility, strength and inner peace. (FF)

**POWER CONDITIONING:** An exciting strength training class with great music designed to focus on total body strength, having fun and improving cardio conditioning and total strength for all fitness levels. This class incorporates rowing, sprinting, jumping, rope climbing, tire flipping, Olympic lifting, weightlifting, kettlebells, barbells, dumbbells, gymnastic rings, pull-up bars, TRX and medicine balls. Universal scalability makes this class the perfect application for any committed individual, regardless of experience.

**POWER 2.0:** Same premise as Power Conditioning, just kicked up a notch for those who want a more challenging workout.

**PRT PREP:** A class designed to help you excel on your PRT test. Nutritional guidance will be provided before you start. Get ahead of the game!

**ROPES AND BAGS:** This will be a high-intensity workout using the heavy bags and jump ropes. All are welcome.

**SPIN CYCLE:** A fast-paced workout that will leave you wanting to come back for more. We use state-of-the-art spinning bikes. Geared for all fitness levels. (FF)

**STROLLER STAMINA & STRENGTH:** This class is geared toward all eligible patrons with children stroller age or younger and pre- and postpartum mothers. The workout will include an assortment of exercises in a variety of mediums, focusing on cardiovascular stamina, muscular endurance, and strength.

**TRX CIRCUIT:** An intense class incorporating the TRX System and cardio for an hour of body strength and endurance workout. This class will be held on the basketball court.

**ZUMBA:** An exciting class full of Latin and exotic music, mixing body sculpting movements and easy-to-follow dance steps. No dance experience is necessary. (FF)

*No classes will be held on federal holidays. Classes are subject to change according to demand. All participants are encouraged to work at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes. **Please note:** Food is allowed only in designated areas.*