



**CAPITAL GROUP EXERCISE CLASS SCHEDULE**  
January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am-6:45am	 Jeff I.		 Maureena W. <b>NEW!</b>		 Maureena W.		
9:00am-9:45am	 Kim B.	 Carol B.	YOGA Sonja H. <b>NEW!</b>	 Ellie T.	  Amy S.	 Lindsey H.	
10am-10:45am						 Doug T.	
12:00pm-12:45pm	 Cristina M.	 Savanna L.	 Amy S.	 Carol B.	YOGA Prema T.		
5:45 pm-6:30pm	 Ellie T.	 Jaki M.	 Jaki M.	 Doug T.	 Jaki M.		

- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.

## **Class Descriptions**

**BodyCombat:** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness. **Please bring a mat!**

**BodyPump:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast! **Please bring a mat!**

**CXWORX:** Les Mills CXWORX is a 30-minute class based on rigorous scientific research that provides core strength by targeting all muscle groups from your core. With dynamic training that hones in on your abs, glutes, back, obliques and “muscular slings” connecting the upper and lower body, this workout will leave you looking good and feeling strong. **Please bring a mat!**

**Yoga:** Taught in the tradition of BKS Iyengar yoga emphasizing a balance of length and strength through movement and breath. Great for all levels. **Please bring a mat!**

**Zumba:** Latin inspired moves and dance themes come together to create a dynamic, fun class.

**Zumba Step:** Focusing on the lower body – particularly the glutes and legs – Zumba Step combines the elements of Step Aerobics with the upbeat rhythms and party atmosphere of Zumba. What you get is an easy-to-follow, highly effective workout that gives great results.

**R.I.P.P.E.D.:** The One Stop Body Shock® encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. R.I.P.P.E.D. is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout. **Please bring a mat!**

**GRIND:** In 30-minutes you’ll push yourself to the limit as you grind your way through this High Intensity Interval Training H.I.I.T. workout that will leave you burning for more.

**MIX’d:** Mix it up with Tabata, speed, strength drills, and a mix of your favorite hit music for this next level 60-minute interval class. We now offer a 45-minute Express MIX’d Cycling as well.

