

Fall 2019 Wellness Schedule

Central Service Campus: S108

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--------------------------------------|----------------------------------|--------------------------------------|--------|
| | CT Walking Club 12:00PM or 1:00PM | YOGA (Angella) 12:15PM-1:00PM | CT Walking Club 12:00PM or 1:00PM | |

Germantown Campus: PG 108(Circuit)/PK105 (Yoga)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | YOGA (Angella) 12:30PM-1:15PM | | | YOGA (Angella) 12:00PM-12:45PM |
| | GT Walking Club 11:00AM or 12:00PM | | GT Walking Club 11:00AM or 12:00PM | |
| | CIRCUIT TRAINING (Karen) 4:15PM-5:00PM | | CIRCUIT TRAINING (Karen) 4:15PM-5:00PM | |
| Fitness Center 3:30PM-5:30PM | Fitness Center 3:30PM-5:30PM | Fitness Center 3:30PM-5:30PM | Fitness Center 3:30PM-5:30PM | Fitness Center 3:30PM-5:30PM |

Rockville Campus: PE 121 (Group Fitness Classes)/ PE 137B (Fitness Center)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| CORE & MORE (Salma) 12:15PM-1:00PM | FREEDOM BANG (Miho) 12:15-1:00PM | FREEDOME BARRE (Salma) 12:15PM-1:00PM | BODYVIVE (Kim) 12:15PM-1:00PM | |
| TOTAL BODY TRAINING (Wai) 1:15PM-2:00PM | YOGA (Angella) 2:00PM-2:45PM | CORE POWER (Wai) 1:15PM-2:00PM | ZUMBA (Miho) 2:00PM-2:45PM | YOGA (Angella) 2:00PM-2:45PM PE 217 |
| | AQUA FIT (Darrell) 5:00PM-5:45PM PE Pool | AQUA FIT (Darrell) 5:15PM-6:00PM PE Pool | AQUAFIT CANCELLED | |
| Fitness Center 6:00AM-9:00AM 12:00PM-6:00PM | Fitness Center 6:00AM-9:00AM 10:00AM-12:30PM | Fitness Center 6:00AM-9:00AM 12:00PM-2:00PM 4:00PM-6:00PM | Fitness Center 6:00AM-9:00AM 10:00AM-12:30PM | Fitness Center 6:00AM-9:00AM 12:00PM-2:00PM 4:00PM-6:00PM |

Takoma Park-Silver Spring: CU205

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|---------|--|----------|--------|
| ZUMBA (Marcia) 2:20PM-3:05PM | | YOGA (Nichole) 12:00PM-12:45PM | | |
| | | ZUMBA (Marcia) 2:20PM-3:05PM | | |

Group fitness classes will run from September 3- December 13

Please register for wellness prior to taking any of the above classes. *Classes are subject to change or cancellation*

Class Descriptions

BODYVIVE

If you want the optimal mix of strength, cardio and core training this is it. The mix of lunges, squats, and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

CIRCUIT TRAINING

Short on Time? This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The workout can be performed at various levels utilizing different equipment. This is a fun and challenging way to sculpt the body and work your heart!

YOGA

An ancient and systematic approach to good health and well-being that helps reduce stress, improve concentration and develop strength, flexibility and balance. This class will include instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Modifications to the poses will be provided so that practitioners at all levels may participate

ZUMBA

Latin and world rhythms with easy-to-follow moves to create a dynamic fitness program that will tone and sculpt your body while you get a great cardiovascular workout (and *have fun*)! NO DANCE EXPERIENCE NECESSARY

AQUAFIT

A fun class providing a low-impact alternative to traditional land aerobics with all the intensity in the pool! Aerobic activity and strength building exercises are incorporated into each class for a total body workout. All levels welcome.

BOOTCAMP

Boot camp consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

CORE POWER /CORE & MORE

During the 45-minute workout, you will be instructed through correct technique as you work with resistance bands, weight plates, as well as body weight exercises like crunches, and gliders. You will also get into some hip, butt and lower back exercises.

TBT

Total-Body-Conditioning is a complete, full body functional workout geared to keep you fit! This class will allow participants to improve overall physical fitness through strength training, cardio intervals and exercises that will increase flexibility.

BANG

BANG is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance, and body weight training in a pre-choreographed class that changes every 3 months to keep things fresh. Three levels of intensity means **BANG** is for anyone who just wants to move, sweat and have fun. *Any age, any body shape, any fitness level.*

FREEDOM BARRE Graceful but intense, Freedom Barre uses a ballet aesthetic to combine the key elements you need for a fully toned and balanced body: Strength, Flexibility and Balance. With three degrees of intensity to accommodate all levels of ability and experience, you'll fall in love with the magic and the muscle of barre from your very first class.