

GROUP EXERCISE & INDOOR CYCLING

All classes are FREE to the FSC Community

Monday	Tuesday	Wednesday	Thursday
		6:15-7:00am Cycling/ Christie	
	12:30-1:00pm Indoor Cycling/ Michele	12:30-1:00pm Meditation & Relaxation/Tom	
5:30-6:30pm Yoga/Jhoanna	5:30-6:30pm Zumba/Kandi	5:30-6:30pm Nia Fitness/Pam July 9-30th only	5:30-6:30pm 20/20/20 Saga/Michele

Class Descriptions

20/20/20

Try a little bit of everything! Each week the class can interchange between step, circuits, kickboxing, and resistance training split up in 20 minute intervals. A perfect addition to your regular workout routine. All levels.

Indoor Cycling:

Experience a cardio workout where you follow the instructor through hills and sprints during a 30 min or 45 minute bike ride. Cycling allows you to workout at your own pace and challenges your body! All levels.

Meditation & Relaxation:

Emotional balance, calmness, mindfulness and stress relief are just a few benefits of meditation. The length and type will vary each week and focus on deep breathing, guided or unguided meditation practice for beginners and advanced. All levels.

Nia Fitness:

A combination class of various styles of Dance, Yoga, Tai Chi, TaeKwonDo and Aikido; Nia Fitness includes a mindful movement guidance and somatic education. All classes will include non-impact aerobic conditioning, strength training, cool down and stretching. All levels.

Yoga:

This class includes classical yoga postures, warm-ups, and relaxation methods. Benefits include: stress release, body strength, improved body alignment and flexibility and better concentration. All levels.

Zumba:

A fun and effective way to dance off calories. Latin rhythms create a party like atmosphere that delivers results. All levels.

All Indoor Cycling classes are held in the Indoor Cycling room next to Wynee's Bistro. Participants must sign in at the HWC.

Instructor has the right to cancel for 3 or less participants.

Proper workout attire is required for all group exercise classes.