Hollis Wellness Center

May 12th- June 27th

# GROUP EXERCISE & INDOOR CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday
		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 20/20/20 Saga/Michele	

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.



# **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.

# 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.