

Pocono Wellness & Sports Center
Group Fitness Class Schedule



AUGUST 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30-Tabatas/bc 9-10:30-Cycle Interval/bc	2 6-Bells&Bikes/bc 9-Cycle/va 10-Having a Ball/va 11-Yoga/va	3 5:30-CycleInterval/bc 9-Kickboxing/va 10-Pilates/va	4 5:30-StePump/bs 9-Cycle/va 10-XPump/va	5 5:30-Challenge/bc 9-Tabatas/bs 10-Chiseled/bs	6 8-Zumba/jc 9- Cycle/lp
7 9-Cycle/tg	8 5:30-Tabatas/bc 9-Interval/ct 10-Chiseled/ct	9 5:30-Power Rope Challenge/bc 9-Cycle/va 10-Having a Ball/va 11-Yoga/va	10 5:30-CycleInterval/bc 9-Kickboxing/va 10-Pilates/va	11 5:30-StePump/bs 9-Cycle/va 10-XPump/va	12 5:30-Bells&Bikes/bc 9-Tabatas/ct 10-Yogalates/ct	13 8-Zumba/jc 9-StePump/bs
14 9-Cycle/lp	15 5:30-Tabatas/bc 9-Interval/ct 10-Chiseled/ct	16 5:30-Bells&Ropes/bc 9-Cycle/ct 10-Yogalates/ct	17 5:30-CycleInterval/bc 9-Kickboxing/va 10-Pilates/va	18 5:30-StePump/bs 9-Cycle/va 10-XPump/va	19 5:30-Ropin&Ridin/bc 9-Tabatas/ct 10-Weights& Pilates/ct	20 8-Zumba/jc 9-StePump/bs
21 9-Step/bs	22 5:30-Tabatas/bc 9-Combo/ct 10-Chiseled/ct	23 5:30-Bells,Ropes, & Bikes/bc 9-Cycle/va 10-Having a Ball/va 11-Yogal/va	24 5:30-Challenge/bc 9-Kickboxing/va 10-Pilates/va	25 5:30-StePump/bs 9-Cycle/va 10-XPump/va	26 5:30-Ropin&Ridin/bc 9-Tabatas/ct 10-Yogalates/ct	27 8-Zumba/jc 9-StePump/bs
28 9-Cycle/tg	29 5:30-Tabatas/bc 9-Combo/ct 10-Chiseled/ct	30 5:30-Bells&Bikes/bc 9-Cycle/va 10-Having a Ball/va 11-Yoga/va	31 5:30-XPump/bc 9-Kickboxing/va 10-Pilates/va			

Certified Instructors

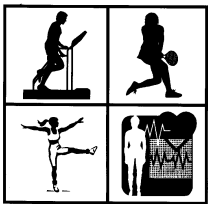
Scheduled Instructor and Class Subject to Change without Notice

Linda/lp Cyndi/ct Brenda/bc Vicki/va Bina/bs Katy/kb
Tammy/tg Johanna/jc Barb/bm

Get in the Conversation
with FUN and Healthy Friends

www.poconowellness.com





WELCOME

To the Group Fitness Program
at Pocono Wellness & Sports Center



Experience the **FUN** and **MOTIVATION** of a Group Workout

Choose from a Wide Variety of Classes—**Try Something New !**

CARDIO TRAINING

Interval: Alternating high and low intensity levels of cardio and strength training at timed intervals.

Kickboxing: Dynamic kicks, punches, and combinations that help develop a lean, strong body.

Step: Great for the experienced stepper with fun combinations and challenging moves.

StePump: Intervals of stepping and strength training.

The Beat Goes On-T.B.G.O: Very low impact workout that includes aerobics, core work, and stretching. Great for the beginner.

Dance Party: No dance experience required, just movin' and groovin' to your favorite dance tunes for a fun, low impact party time calorie burner! Laughter mandatory!

INDOOR CYCLING

Cycle – 45 minute all terrain ride with flats, hills, jumps & sprints.

Ropin' & Ridin' - This class combines Cycling with intervals of Power Ropin' for a good old full body workout!

MIND/BODY CLASSES

Pilates: A flowing series of controlled & precise floor movements designed to lengthen muscles and improve core strength.

Yoga: Hatha yoga designed to increase strength, flexibility and balance. Promotes relaxation & stress reduction.

GROUP FITNESS GUIDELINES

If this is your first time attending class, please introduce yourself to the instructor. If you have special needs or restrictions, tell your instructor so modifications can be given. Remember to try different classes and instructors for a fun, balanced program

STRENGTH TRAINING

Chiseled: Strength training workouts using weights, resistance bands and other equipment for muscular strength and endurance. Each week we will focus on a different type of weight workout to continuously challenge your muscles and get results.

XPump: Anti-aging for your body! A 60-minute bar-bell class that develops strength, power and endurance to give you a lean, flexible body. Lift it or lose it!

Boot Camp: If variety appeals to you & you like to challenge yourself – you will love Boot Camp. You will build strength, gain cardio endurance, burn fat and have a great time!

SPECIALTY CLASSES

Kettlebells: Kettlebells help develop strength, endurance and aerobic capacity while burning maximum calories in a short period of time. Prior instruction is recommended before joining class.

Pound: This class is a full body workout using Ripstix (weighted drumsticks designed for exercise) that fuses strength training, Pilates and cardio moves with drumming to challenge the body's stability and target and strengthen the core. Channel your inner performer and rock your body with this modern day infusion of movement and music that will leave you dripping sweat!

PowerRopes: No jumping required, but you will get an incredible cardio & resistance workout with our 50 foot ropes. No prior experience needed.

Tabatas: Get a great workout in less than 30 minutes with this intense interval class. Minimal equipment needed.