

**Pocono Wellness & Sports Center**  
**Group Fitness Class Schedule**



**MAY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <i>Scan the QR Code to Keep the Schedule on Your Smart Phone</i>	<p><b>* Boot Camp</b>                      You must sign up at front desk at <b>least 1</b> day in advance for Group PT Classes.  <b><u>There is a \$5. fee for these classes</u></b></p>			<p><b>1</b>                      9-Cycle/va                      10-XPump/va                      5:30-StePump/bs                      6-Cycle/lp</p>	<p><b>2</b>                      9-Step/ct                      10-Plates&amp;Pilates/ct</p>	<p><b>3</b>                      9-StePump/bs</p>	
<p><b>4</b>                      9-Cycle/ct</p>	<p><b>5</b>                      5:30-Tabata/bs                      9-Interval/bm                      10-Chiseled/bm                      11-BeatGoesOn/kb                      5:30-Yoga/km                      6:30-Cycle/tg</p>	<p><b>6</b>                      9-Cycle/va                      10-Having a Ball/va                      11-Yoga/km                      6-Cycle/lp</p>	<p><b>7</b>                      5:30-XPump/bs                      9-Kickboxing/va                      10-Pilates/va                      11-DanceParty/kb                      5-Tabatas/ct                      6-XPump30/ct</p>	<p><b>8</b>                      9-Cycle/va                      10-XPump/va                      5:30-StePump/bs                      6-Cycle/lp</p>	<p><b>9</b>                      9-Step/ct                      10-Plates&amp;Pilates/ct</p>	<p><b>10</b>                      9-StePump/va</p>	
	<p><b>11</b></p>	<p><b>12</b>                      5:30-Bells&amp;Benches/bc                      9-Interval/ct                      10-Chiseled/ct                      11-BeatGoesOn/kb                      5:30-Yoga/km                      6:30-Ropin&amp;Ridin/bc</p>	<p><b>13</b>                      *5:30-BootCamp                      Bells &amp; Ropes/bc                      9-Cycle/va                      10-Having a Ball/va                      11-Yoga/km                      5-Zumba/am                      6-Cycle/lp</p>	<p><b>14</b>                      5:30-Tabatas/bc                      9-Kickboxing/va                      10-Pilates/va                      11-DanceParty/kb                      5-Tabatas/ct                      6-XPump30/ct</p>	<p><b>15</b>                      9-Cycle/va                      10-XPump/va                      5:30-StePump/bs                      6-Cycle/lp</p>	<p><b>16</b>                      5:15-Ropin&amp;Ridin/bc                      9-Step/ct                      10-Plates&amp;Pilates/ct</p>	<p><b>17</b>                      *6:30-BootCamp/bc                      9-StePump/bs</p>
<p><b>18</b>                      9-Step/bs</p>	<p><b>19</b>                      5:30-Tabatas/bc                      9-Interval/bm                      10-Chiseled/bm                      5:30-Yoga/km                      6:30-Cycle/tg                      7:20-PowerRope/bc</p>	<p><b>20</b>                      *5:30-BootCamp                      Bells &amp; Ropes/bc                      9-Cycle/va                      10-Having a Ball/va                      11-Yoga/km                      5-Zumba/am                      6-Cycle/lp</p>	<p><b>21</b>                      5:30-XPump/bs                      9-Kickboxing/va                      10-Pilates/va                      11-DanceParty/kb                      5-Tabatas/ct                      6-XPump30/ct</p>	<p><b>22</b>                      9-Cycle/va                      10-XPump/va                      5:30-StePump/bs                      6-Cycle/lp</p>	<p><b>23</b>                      5:15-Ridin40&amp;Ropin15/bc                      9-Kickboxing/kb                      10-BeatGoesOn/kb</p>	<p><b>24</b>                      *6:30-BootCamp/bc                      9-StePump/bc</p>	
<p><b>25</b>                      9-Cycle/tg</p>	<p><b>26</b>                      Memorial Day Club Hours                      5 am - 12 pm  </p>	<p><b>27</b>                      *5:30-BootCamp                      Bells &amp; Bikes/bc                      9-Cycle/va                      10-Having a Ball/va                      11-Yoga/km                      5-Zumba/am                      6-Cycle/lp</p>	<p><b>28</b>                      5:30-Tabatas/bc                      9-Kickboxing/va                      10-Pilates/va                      5-Tabatas/ct                      6-XPump30/ct</p>	<p><b>29</b>                      5:30-Bells&amp;Bench/bc                      Kettlebells &amp; Step                      9-Cycle/va                      10-XPump/va                      5:30-StePump/bs                      6-Cycle/lp</p>	<p><b>30</b>                      5:15-Ropin&amp;Ridin/bc                      9-10:30-Step/Pump/bc                      11-Dance Party/kb</p>	<p><b>31 Hughes Cancer Center</b>                      Fitness Fundraiser                      9am-12pm -\$10 fee                      Cycle-BootCamp-Kickboxing-Zumba-Step-Yoga &amp; More  <b>Sign up Required</b></p>	

**Certified Instructors**

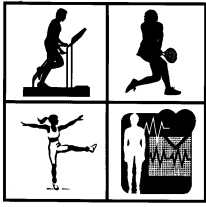
**Scheduled Instructor and Class Subject to Change without Notice**

Linda/lp Cyndi/ct Brenda/bc Vicki/va Bina/bs Katy/kb  
 Katie/km Amanda/am Tammy/tg 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.

**Combo:** Instructors vary this workout by combining various cardio and resistance exercises for a full body workout. You may use steps, jump ropes, bosus, slides, or simply the floor! Every class is an adventure.

**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.

## 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. Ask your instructor for Intro class information

**Tabatas:** Get a great workout in less than 30 minutes with this intense interval class. Minimal equipment needed. **S&L -30 min. of Tabatas/30 mins. stretching**

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

**Zumba:** Forget the workout, just lose yourself in the music and get in shape with the original dance fitness party!

**Spring Training:** Intervals of athletic training activities including kettlebells, step, kickboxing and weight work.

## 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.*