 Group Exercise Schedule

January 25th – May 6th, 2016

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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| HeartWISE  *Gym*  7-7:45am  Caroline  AquaWISE  *Pool*  8:15-9am  Katie  Tai Chi  *MPR’s*  9:30-10:30am  Raymond  AquaWISE  *Pool*  10:45-11:30am  Lyndie  Spin & Core  *RBC*  12-1pm  Lori  Zumba  *MPR’s*  7-8pm  Chole | **Nor’easter Xpress**  ***Fitness Center***  **7:30-8am**  **Finn**  **Balance & Bend**  ***Fitness Center***  **8:30-9:30am**  **Rachel**  **Ask the Trainer…**  ***Fitness Center***  **11-12pm**  **Lyndie** | **HeartWISE**  ***Gym***  **7-7:45am**  **Caroline**  **AquaWISE**  ***Pool***  **8:15-9am**  **Katie**  **AquaWISE**  ***Pool***  **10:45-11:30am**  **Laura**  **Spin & Core**  ***RBC***  **12-1pm**  **Lori**  **Zumba**  ***MPR’s***  **7-8pm**  **Chole** | **Nor’easter Xpress**  ***Fitness Center***  **7:30-8am**  **Finn**  **Balance & Bend**  ***Fitness Center***  **8:30-9:30am**  **Rachel**  **AquaWISE**  ***Pool***  **10:45-11:30am**  **Finn**  **Zumba**  ***MPR’s***  **4-5pm**  **Jo**  **Salsa**  ***MPR’s***  **7-8pm**  **Wendy** | **HeartWISE**  ***Gym***  **7-7:45am**  **Caroline**  **AquaWISE**  ***Pool***  **8:15-9am**  **Katie**  **Spin & Core**  ***RBC***  **12-1pm**  **Lori** |

All classes are open to BodyWISE members as well as all UNE students, staff & faculty

Note: All classes are subject to change or cancellation

Group Exercise Class Descriptions

AquaWISE: Dive on in to this low-impact but high-intensity pool workout! This total body workout will challenge your major muscle groups, improve your cardiovascular stamina, and enhance flexibility and joint range of motion.

HeartWISE: Monitor your heart rate and blood pressure before and after exercise during this class. Get any questions you have regarding diet, exercise, and stress reduction answered during this session!

Nor’easter Xpress: Want to get a great workout in before work or class? Get in and out with this 30-minute, fast-paced metabolic circuit session – build and sculpt muscle, burn body fat and build endurance all before your first class or work of the day.

Balance & Bend: Regain balance and bodily awareness while you strength train!

This weight lifting based class will help you build strength, enhance bone mass and increase flexibility levels.

Spin & Core: This class is a traditional group cycling session – with a twist! You’ll start off pedaling and finish planking…you will challenge your core with fun, new exercises while building stamina and improving your percentage of lean body mass.

Zumba: Love to dance? Jump into this fun, fast dance party that feels more like a night out than a workout. Be sure to bring a friend (or 5!).

Salsa: If you are looking to learn a new skill – give Salsa a try! You’ll learn the basics of this dance genre while getting a great total body workout.

FMI – (207) 602-2307 for more information

Or email Lyndie Kelley llibby2@une.edu