

November 2018 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Wellbeats Scheduled Maintenance Block </div>			1 5:45a Private (30 min) 11:15a Body Flow (30) 12:00p RPM (45 min) 5:30p Private (60 min)	2 Thank you for your patience at your virtual fitness experience is being enhanced.	3 When no classes are scheduled, the studio is open on a first come first serve basis.
5 12:00p YOGA with Rose	6 12:00p Body Combat with Matthew	7 12:00p Total Body Strength with Israel	8 12:00p Body Combat with Matthew 5:30p Private (60 min)	9 Thank you for your patience at your virtual fitness experience is being enhanced.	10 When no classes are scheduled, the studio is open on a first come first serve basis.
12 12:00p YOGA with Rose	13 12:00p Body Combat with Matthew	14 12:00p YOGA with Rose	15 5:45a Private (30 min) 11:15a Body Flow (30) 12:00p RPM (45 min) 5:30p Private (60 min)	16 12:00p Body Pump (60)	17 When no classes are scheduled, the studio is open on a first come first serve basis.
19 11:15a BodyCombat (30) 12:00p BodyPump (60) 5:30p RPM (45 min)	20 11:15a Fusion (35 min) 12:00p RPM (45 min) 5:30p CxWorks (30 min)	21 11:00a BodyPump (60) 12:00p GritStrength (30) 12:30p BodyFlow (30) CLOSE AT 1:00PM	22 	23	24 When no classes are scheduled, the studio is open on a first come first serve basis.
26 11:00a BodyPump (60) 12:00p BodyPump (60) 5:30p RPM (45 min)	27 11:15a Fusion (35 min) 12:00p RPM (45 min) 5:30p CxWorks (30 min)	28 11:00a BodyPump (60) 12:00p GritPlyo (30) 12:30p BodyFlow (30) 5:30p RPM (50 min)	29 5:45a Private (30 min) 11:15a Body Flow (30) 12:00p RPM (45 min) 5:30p Private (60 min)	30 12:00p Body Pump (60)	Find the Group Exercise Schedule Online! www.memorialcityzen.com/health-and-wellness/

KEEP FOCUSED THIS FALL WITH MCC'S

NOVEMBER NUTRITION CHALLENGE

4 WEEKS - 5 GOALS
NOV. 5TH - DEC. 2ND

ACCOMPLISH THESE NUTRITIONAL GOALS DAILY

- 8 HOURS OF SLEEP
- 3 SERVINGS OF VEGGIES
- 30 MINUTE WORKOUT
- 1/2 YOUR WEIGHT IN OZ. OF WATER
- ALL FOOD & DRINKS ZERO SUGAR ADDED

Earn one point per goal attained each day. 120 points earns you a free month and 100 points earns you a prize!

Sponsored By: 1stStepProWellness

The virtual system is available to all members when there is not a scheduled class in session. Please ask the front desk if you need assistance or additional information.

For specific questions or comments regarding the schedule please email Kacee@RisherCo.com



FUSION: Invigorating and vitalizing, each WELLBEATS™ class is the perfect integration of yoga and Pilates moves, with attention to breath, form, flow and body balance. **Benefits:** Improves posture, joint flexibility and range of motion to ensure better movement and fewer injuries. Reduces stress levels and provides a lasting sense of well-being. Focuses mind and raises consciousness levels through controlled breathing. Increases toning, flexibility, and core strength which can alleviate back pain.

DEFINITIONS: Definitions is straight sculpt to define, re-shape and re-contour. Ever popular for the body conscious, these classes offer a focus on uni-dimensional and isolated total-body training utilizing the best of today's leading sculpt techniques. **Benefits:** Balance, posture and core training that shapes, tones and defines. Improves bone health and density. Simple exercises using a variety of equipment that enables participants to determine their level of intensity. Improve muscular strength and endurance.

BODYPUMP: BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

CXWORX: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

GRIT: The 30-minute high-intensity interval training workout is offered in three different formats. Grit Strength uses barbell, weight plate and body weight exercises to blast all major muscle groups. Grit Ply uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Grit Cardio uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

RPM: RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session*. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

BODYFLOW: Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

BODYCOMBAT: Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.