

ROSEMOUNT CLASS SCHEDULE

Group Fitness Schedule

Effective February 1

Please sign up for email notifications at groupfitness@olympus24.com

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	5:30 a.m.	Bootcamp <i>(call management for rate)</i>	Ryan
	9:30 a.m.	Cardio Strength	Jody
	10:30 a.m.	SilverSneakers® 1 Muscular Strength and ROM	David
	4:30 p.m.	Cycling	Cassidy
	5:45 pm	Bootcamp <i>(call management for rate)</i>	Scott
	6:45 p.m.	Zumba	Noelle
TUESDAY	9:30 a.m.	Pilates	Sheri
	10:30 a.m.	SilverSneakers® YogaStretch	Sheri
	5:30 p.m	Kickboxing w/ bags	Cassidy
	6:30 p.m.	Yoga Strength	Ashley
WEDNESDAY	5:30 a.m.	Bootcamp <i>(call management for rate)</i>	Ryan
	9:30 a.m	Cardio Strength	Courtney
	10:30 a.m.	SilverSneakers® CardioCircuit	Scott
	5:45 p.m	Bootcamp <i>(call management for rate)</i>	Scott
	6:45 p.m.	Cycling	Cassidy
THURSDAY	9:30 a.m.	Cycling	Jill W.
	10:30 a.m.	SilverSneakers® 1 Muscular Strength & ROM	David
	4:30 p.m.	Core Conditioning	Scott
	6:30 p.m.	Hip Hop Hustle	Tia
	7:30 p.m.	Power Strength <i>(no child care available)</i>	Nicole
FRIDAY	5:30 a.m.	Bootcamp <i>(call management for rate)</i>	Ryan
	9:30 a.m.	Kickboxing w/ bags	Dolly
	10:30 a.m	SilverSneakers® CardioFit	David
SATURDAY	7:30 a.m.	Bootcamp <i>(call management for rate)</i>	Scott
	8:35 a.m.	Cardio Wake-Up	Nik / Nicole
	9:30 a.m.	Studio Strength / Power Strength	Nik / Nicole
SUNDAY	3:00 p.m.	Studio Strength <i>(no child care available)</i>	Scott

REMEMBER THAT SUBS WILL HAPPEN. We do our best, but occasionally classes may need to change.

For an up to date schedule or to sign up for e-mail notification of schedule changes
Visit us on the web: www.olympus24.com.

Rosemount Group Fitness Class Descriptions

Minimum age to attend group fitness classes (with the exception of Cycle) is 13 years old or per instructor's discretion

Cardio Strength: All Levels. 60 minute class. **Purpose:** Weight (fat) loss – Increase cardiovascular output – Extended endurance – Strength and flexibility. A high-energy class that combines intervals of cardio (jumping jacks, bikes, kick boxing, football drills, and more) strength and toning exercises (squats, ball, bands and weights) with power abs at the end. This is a full-body workout.

Cardio Wake-Up: All Levels. 50 minute class. **Purpose:** Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Multi-level class that provides a fat-burning workout using hi/low aerobics, the step, or kickboxing movements – instructor's choice.

Core Conditioning: All Levels. 45 minute class. **Purpose:** Increased strength, balance and power. This class focuses on the core, the muscles from your shoulders to your thighs, whose primary function is stabilization of the spine. Using a variety of training techniques and equipment such as TRX and/or stability balls, you will strengthen these core muscles in the most efficient and safe way possible in order to improve posture, balance, general health and athletic skill. 15 min. cardio warm up, 30 min. strength and stretch.

Cycling: All levels. 45-55 minute class. **Purpose:** Weight (fat) loss - Increases cardiovascular output – Extended endurance – Speed and power. Cycle on a stationary bike to music following instructor's cues to increase or decrease the intensity. Instructors take members through a warm up and then gradually increase the intensity with intervals, sprints, resistance and cadence training to mimic an outdoor ride. **Minimum age to attend Cycling is 16 years old.**

Hip Hop Hustle: All Levels. 60 minute class. **Purpose:** Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Hip Hop Hustle is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music – a fun and exciting cardiovascular challenge. No previous dance experience necessary.

Kickboxing w/ bags: All levels. 60 minute class. Gloves and/or wraps are preferred but not necessary. **Purpose:** Weight (fat) loss- Increases cardiovascular output – Extended endurance- Speed and Power. A high-energy class with intervals of boxing drills on the bag combining kicking, punching, circuit training and Calisthenics with power abs at the end – guaranteed to give you a great full body workout.

Pilates: All Levels. 60 minute class. **Purpose:** Strength & Flexibility. Focus on core strength using concentrated movements that promote muscular symmetry, alignment, flexibility and strength while lengthening and toning muscles.

Power Strength: All levels. 60 minute class. **Purpose:** Strength. A fun, calorie burning, choreographed strength class using barbells, an aerobic step and free weight plates. After an initial warm, all major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. Build muscle endurance in an exciting group setting while raising your metabolic rate for rapid fat-burning. The class finishes with a cool down and stretch.

SilverSneakers® Cardio Circuit: 45 minute class. Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alerted with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® CardioFit: 45 minute class. CardioFit is the SilverSneakers Fitness Program's newest group exercise class designed for active older adults who desire a safe and effective low-impact cardiovascular workout. A variety of easy-to-follow movements promote heart healthy, total body conditioning improvements to increase cardiovascular strength and muscular endurance. Elastic tubing with handles or hand-held weights are used for progressive resistance training, and the SilverSneakers chair offers stability and/or support options for upper-body strength exercises and abdominal conditioning from the floor.

SilverSneakers® I – Muscular Strength & Range of Movement: 45 minute class Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and / or standing support.

SilverSneakers® Yoga Stretch: 45 minute class. Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Studio Strength: All Levels. 45-60 minute class. **Purpose:** Strength. Weight lifting in a friendly studio group setting, this class uses hand weights, balls, resistance bands, and barbells with adjustable weights to work every major muscle group, improving muscular strength and functionality.

Yoga Strength: All Levels. 60 minute class. **Purpose:** Strength & Flexibility. Emphasis placed on breathing, flexibility, stress reduction and spirituality while incorporating cardio and strength moves.

Zumba: All-Levels. 60 minute class. Zumba (pronounced ZOOM-buh) is a Latin music inspired aerobic-dance fitness class that feels more like a dance party than a workout. Zumba combines easy to learn fast and slow paced rhythms that tone and sculpt the body using aerobic interval training. Zumba is fun and great for the mind, body and soul. No previous dance experience necessary.