

ROSEMOUNT CLASS SCHEDULE

Group Fitness Schedule Effective August 1

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

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	5:30 a.m.	Bootcamp (call management for rate)	Ryan
	9:30 a.m.	Cardio Strength	Jody
	10:30 a.m.	SilverSneakers® 1 Muscular Strength and ROM	Gus
	4:30 p.m.	Cycling	Cassidy
	5:30 pm	Bootcamp (call management for rate)	Ryan
	6:30 p.m.	Step	Olga
TUESDAY	5:30 a.m.	Bootcamp (call management for rate)	Scott
	9:30 a.m.	Pilates	Sheri
	10:30 a.m.	SilverSneakers® YogaStretch	Sheri
	5:30 p.m	Bootcamp (call management for rate)	Scott
	5:30 p.m.	Cardio Kickboxing w/ bags	Cassidy
	6:30 p.m.	Yoga	Ashley
WEDNESDAY	5:30 a.m.	Bootcamp (call management for rate)	Ryan
	9:30 a.m	Cardio Strength	Erin
	10:30 a.m.	SilverSneakers® CardioCircuit	Gus
	5:30 p.m	Bootcamp (call management for rate)	Jason
	6:30 p.m.	Cycling	Cassidy
THURSDAY	5:30 a.m.	Bootcamp (call management for rate)	Scott
	9:30 a.m.	Cycling	Erin
	10:30 a.m.	SilverSneakers® 1 Muscular Strength & ROM	David
	5:30 p.m.	Bootcamp (call management for rate)	Scott
	6:30 p.m.	Zumba	Olga
FRIDAY	5:30 a.m.	Bootcamp (call management for rate)	Ryan
	9:30 a.m.	Cardio Kickboxing w/ bags	Dolly
	10:30 a.m	Senior Cardio Strength	David
SATURDAY	7:30 a.m.	Bootcamp (call management for rate)	Scott
	8:30 a.m.	Cardio Wake-Up/Cardio Circuit	Nik / Nicole
	9:30 a.m.	Strength Circuit/Power Strength	Nik / Nicole
SUNDAY	3:00 p.m.	Body Weight Conditioning	Scott

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

Minimum age to attend Cycling is 16 years old. Minimum age to attend all other group fitness classes is 13 years old or per instructor's discretion

Rosemount Group Fitness Class Descriptions

All Classes are 45-60 minutes in length.

Body Weight Conditioning: All levels. 60 minute class. No weights. No bands. No equipment of any kind. Purpose: Experience a whole new level of fitness with exercises designed to use your own bodyweight as the ultimate fitness tool. If your goal is to burn calories, improve your cardiovascular health, or increase lean muscle mass and have fun doing it, then this high-energy class will help you achieve your goals by using the most current, scientifically proven, fitness and fat-loss strategies such as Interval Training, Full-Body Compound Exercises, and Hi-Intensity Training (HIT).

Cardio Kickboxing w/ bags: All levels. 60 minute class. Gloves 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.

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 wt's.) with power abs at the end. This is a full-body workout.

Cardio Wake-Up: All Levels. 45-minute class. Purpose: Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Multi-level class that provides a fat-burning workout using low aerobics, the step, and or kickboxing movements.

Cycling: All levels. 45-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.

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.

SilverSneakers® Cardio Circuit: 45-min. 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® I – Muscular Strength & Range of Movement: 45-min. 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-min. 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.

Step: All Levels. 60-minute class. Purpose: Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Multi-level class that provides a fat-burning workout using traditional step choreography set to great music and focusing on aerobic endurance.

Studio Strength: All Levels. 45-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: All Levels. 60-minute class. Purpose: Strength & Flexibility. Relax and strengthen inside and out. This class focuses on integrating mind and body through physical poses, conscious stretching, breathing and relaxation: a great workout for all fitness levels

Zumba: All-Levels. 45 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.