


2020 Fitness Class Schedule (1/20/20)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Morning	TRX 6:00-6:30am		TRX 6:00-6:30am		TRX 6:00-6:30am
	Boot Camp 6:45-7:15am	Muscle Fusion 6:30-7:30am	Boot Camp 6:45-7:15am	Muscle Fusion 6:30-7:30am	Boot Camp 6:45-7:15am
	Cedar Strong 9:00-10:00am/ 10:00-11:00am	Strength&Balance 9:15-9:45am	Cedar Strong 9:00-10:00am/ 10:00-11:00am	Strength&Balance 9:15-9:45am	Cedar Strong 9:00-10:00am
Mid-Day	Boot Camp 12:00-1:00pm	Yoga 10:00-11:30am	Boot Camp 12:00-1:00pm	Yoga 10:00-11:30am	Zumba 12:15-1:15pm
	Noon Ball 12:00-2:00pm	Meditation 11:30-12:00pm	Noon Ball 12:00-2:00pm	Meditation 11:30-12:00pm	Boot Camp 12:00-1:00pm
	Zumba 12:15-1:15pm	Noon Ball 12:00-2:00pm	Zumba 12:15-1:15pm	Noon Ball 12:00-2:00pm	Box Fit Intro (Adults) 1:00-1:45pm
		Muscle Fusion 12:15-1:15pm		Muscle Fusion 12:15-1:15pm	
Evening	Boot Camp 4:15-5:00pm	Beginning Yoga 5:00-6:30pm	Boot Camp 4:15-5:00pm	Beginning Yoga 5:00-6:30pm	 MARIMN HEALTH <small>WELLNESS CENTER</small>
		Boot Camp 6:15-7:15pm		Boot Camp 6:15-7:15pm	
	Evening Ball 6:00-7:00pm	Evening Ball 6:00-7:00pm	Evening Ball 6:00-7:00pm	Evening Ball 6:00-7:00pm	
	Teen Open Gym 7:00-9:00pm	Teen Open Gym 7:00-9:00pm	Teen Open Gym 7:00-9:00pm	Teen Open Gym 7:00-9:00pm	

Questions about our classes? Call 208.686.9355 EXT. 2500

Classes subject to change

Location Varies

Aerobics Rm

Conference Rm

Mezzanine

Fitness Floor

Gym

PowWow Sweat Classes on Demand

BeachBody Workouts on Demand

FITNESS CLASS DESCRIPTIONS

TRX: Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Easily set up the portable TRX® Suspension Trainer™ and you're in control. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

MUSCLE FUSION: Double your calorie burn, shed your fat and define your fabulous muscles. This 60 min. barbell inspired strength class features higher reps and mid-range weights plus throws in sports conditioning cardio intervals. This class is specially formatted to work each muscle group for endurance and strength. Participants in Muscle Fusion class burn up to 50% more calories than similar barbell type classes.

BOOT CAMP: A work at your own pace, or let the instructor push you to new levels of cardiovascular and fitness strength. We will be working to lose body fat, increase cardiovascular and fitness strength and help you get into a regular fitness routine.

POWWOW SWEAT: Powwow Sweat is an aerobic exercise developed infusing traditional Powwow dance moves. Beginning with a warm-up and up to 8 dance routines, including jingle dress, crow hop, men's fancy, women's fancy, men and women's traditional, men's chicken dance, double beat, grass dance and end with a cool down.

Zumba is a fitness program that consists of easy to follow Latin inspired dance moves. It's a great way to burn calories, have fun, and get fit all at the same time.

CEDAR STRONG: This class is aimed to help you improve fitness for activities for daily living. All exercises are designed to increase muscle strength, range of movement and balance. Every exercise can be as easy or challenging as you want.

STRENGTH AND BALANCE: Want a fall free winter? Try this strength and balance class! Gain strength with resistance bands. Gain stability through balance discs and core work. All exercises based on your level. It's easy and fun!

BEGINNING YOGA: For newcomers, students of all ages, and those who prefer a gentle and mild yoga practice. Yoga will help increase your strength and flexibility as well as enhance balance and clarity of mind.

YOGA: This class is for participants who have 6 or more months of Yoga experience. Students must be able to balance in 'sarvangasna' (shoulder stand) and must be working on 'sirasasana' (head stand). Please talk to instructor for more information.

MEDITATION: Meditation helps you release stress. It allows you to tap into your inner source of well-being and peaceful nature.