

JEB Little Creek 2012 Group Exercise Classes



May

Rockwell Hall - JEBLC

(FF) = Family Friendly Class

Hours of Operation
 Monday through Friday
 5 a.m. to 9 p.m.
 Saturday, Sunday
 9 a.m. to 8 p.m.
 Holidays
 9 a.m. to 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. Circuit Training 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	2 11:30 a.m. Zumba (FF) 11:30 a.m. (FF) Level 1 Yoga	3 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. (FF) For Mature Audiences 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Kickboxing 4:15 p.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	4 6:30 a.m. Raja Cardio 8 a.m. Pilates 11:30 a.m. Zumba (FF) 11:30 a.m. Advanced Step Interval 12:30 p.m. Abs Blast	5 11 a.m. Total Fitness 12:15 a.m. Multi-Level Yoga
7 6:30 a.m. Pilates 8 a.m. Raja Cardio 9:30 a.m. (FF) For Mature Audiences 11:30 a.m. Double Step 5:30 p.m. Strength Training	8 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. Circuit Training 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Spin Cycle (FF) 5:30 p.m. Boot Camp 5:45 p.m. Zumba (FF)	9 11:30 a.m. (FF) Level 1 Yoga	10 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. (FF) For Mature Audiences 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Kickboxing 4:15 p.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	11 6:30 a.m. Raja Cardio 8 a.m. Pilates 11:30 a.m. Zumba (FF) 11:30 a.m. Advanced Step Interval 12:30 p.m. Abs Blast	12 10 a.m. Mother's Day Aerobation 11 a.m. Total Fitness 12:15 a.m. Multi-Level Yoga
14 6:30 a.m. Pilates 8 a.m. Raja Cardio 9:30 a.m. (FF) For Mature Audiences 11:30 a.m. Double Step 5:30 p.m. Strength Training	15 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. Circuit Training 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	16 11:30 a.m. Zumba (FF) 11:30 a.m. (FF) Level 1 Yoga	17 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. (FF) For Mature Audiences 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Kickboxing 4:15 p.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	18 6:30 a.m. Raja Cardio 8 a.m. Pilates 11:30 a.m. Zumba (FF) 11:30 a.m. Advanced Step Interval 12:30 p.m. Abs Blast	19 11 a.m. Total Fitness 12:15 a.m. Multi-Level Yoga
21 6:30 a.m. Pilates 8 a.m. Raja Cardio 9:30 a.m. (FF) For Mature Audiences 11:30 a.m. Double Step 5:30 p.m. Strength Training	22 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. Circuit Training 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Spin Cycle (FF) 5:30 p.m. Boot Camp 5:45 p.m. Zumba (FF)	23 11:30 a.m. Zumba (FF) 11:30 a.m. (FF) Level 1 Yoga	24 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. (FF) For Mature Audiences 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Kickboxing 4:15 p.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	25 6:30 a.m. Raja Cardio 8 a.m. Pilates 11:30 a.m. Zumba (FF) 11:30 a.m. Advanced Step Interval 12:30 p.m. Abs Blast	26 11 a.m. Total Fitness 12:15 a.m. Multi-Level Yoga
28 6:30 a.m. Pilates 8 a.m. Raja Cardio 9:30 a.m. (FF) For Mature Audiences 11:30 a.m. Double Step 5:30 p.m. Strength Training	29 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. Circuit Training 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)	30 11:30 a.m. Zumba (FF) 11:30 a.m. (FF) Level 1 Yoga	31 6 a.m. Spin Cycle (FF) 7 a.m. Pump It Up 9:30 a.m. (FF) For Mature Audiences 10:30 a.m. TRX Circuit 11:30 a.m. TRX Circuit 11:30 a.m. Kickboxing 4:15 p.m. Spin Cycle (FF) 5:45 p.m. Zumba (FF)		

Group Exercise Classes are free and open to all patrons.



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Group Exercise Class Descriptions

Classes will be held in the aerobics room at Rockwell Hall.
For additional information, call 462-2399.
Classes subject to change according to demand.

TRX CIRCUIT: An intense class incorporating the TRX System and cardio for an hour of body strength and endurance workout. This class will be held on the basketball court.

MULIT-LEVEL YOGA: Yoga class for all levels. Yoga practice for flexibility, strength and core.

LEVEL 1 YOGA: Great yoga class for beginners and those wanting to refocus their techniques.

PUMP IT UP: An exciting class for great music, having fun and improving cardio conditioning and total strength.

CIRCUIT TRAINING: A one-hour class combining strength and cardio to improve endurance strength through interval training. This class will be held on the basketball court.

PILATES: This class will strengthen and improve your core, total strength and balance. This class is for all fitness levels.

BODY DESIGN: Enjoy one hour of a full body strength training to get those muscles pumping. Geared for all fitness levels.

ZUMBA: An exciting class full of Latin and exotic music mixing body sculpting movements and easy to follow dance steps. No dance experience is necessary.

ABS BLAST: A 20-minute killer ab workout.

DOUBLE STEP: A step class using two benches to take a normal step class to another level. If you are good at step and need more intensity this class is for you! Geared for all fitness levels.

SPIN CYCLE: A fast-paced workout that will leave you wanting to come back for more. We use state of the art spinning bikes. Geared for all fitness levels.

BOOT CAMP: This class is a combination of kickbox interval step and sculpt. Be prepared to sweat.

MATURE AUDIENCES: A low impact workout for our older crowd or beginners that will make you sweat.

RAJA CARDIO: A mixture of martial arts and yoga concentrating on balance, focus and flexibility for all fitness levels.

STRENGTH TRAINING: An exciting class designed to focus on total body strength for all fitness levels.

TOTAL FITNESS: A mixture of cardio, strength training and abs.

ALL PARTICIPANTS ARE ENCOURAGED TO WORK AT APPROPRIATE LEVELS FOR MAXIMUM BENEFIT. CONSULT YOUR FITNESS INSTRUCTOR. WEAR COMFORTABLE, BREATHABLE CLOTHING AND APPROPRIATE SHOES.