

Champlain College

Group Fitness Schedule ~ Spring 2017

Most up to date schedule will always be posted on the Champlain College Fitness Center Facebook page
 Comments? Questions? Contact Wellness@Champlain.edu

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
DAY				Cardio HIIT w/ Belinda 1115a-1145a CX Worx w/ Christy 1150a-1220p			
	BodyPump w/ Christy 1230p-130p	Pilates w/ Carrie 1230p-115p	BodyPump w/ Christy 1230p-130p	Yoga w/ Holly 1230p-130p	BodyPump w/ Carrie 1230p-130p		DANCE TEAM PRACTICE 1100a-1230p
EVENING	CX Worx w/ Christy 510p-540p						
	Zumba w/ Jennifer 545p-645p		Zumba w/ Christian 545p-645p				
	Yoga w/ Holly 700p-800p		Flow Yoga w/ Morgan 700p-800p Dance Team Practice 805p-930p		Zumba w/ Jennifer 700p-800p		

CHAMPLAIN COLLEGE GROUP FITNESS CLASS DESCRIPTIONS

Body Pump – is 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! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. You'll leave the class feeling challenged and motivated, ready to come back for more. *NOTE: This class can also be taken with no weights, making it ideal for all fitness and ability levels!*

Dance Team – Contact Jenna Giguere (jennagiguere@gmail.com) for more info!

Flow Yoga – Move through a series of asanas (yoga postures) while connecting to your breath and focusing your mind. There is no set sequence and each teacher brings his/her own style. More complex poses are incorporated for advanced students, while beginners can work at their own level, with modifications offered, to move their practice forward at a comfortable pace! Practitioners of all levels will find this class accessible.

HIIT - This High Intensity Interval Training total-body class combines some loaded strength exercises with some body weight exercises. Give your all-out effort for 30 minutes and enjoy the EPOC (Excess Post-Exercise Oxygen Consumption) effect of more fat and calories burned throughout the day than regular steady-state, aerobic exercise.

Pilates – This class focuses on postural alignment, breathing, coordination, and movement patterns that focus on using the core or “powerhouse”. Pilates offers a positive mind body experience while improving muscular endurance and flexibility.

Zumba – This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

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.

Your Champlain College Fitness Center is located at 262 S. Willard Street.

Mon – Fri: 6:30am – 11:30pm and Sat – Sun: 9:00am – 11:30pm

Also available through your Champlain College Fitness Center:

- One-on-one personal nutrition services. Reserve your time by emailing Wellness@Champlain.edu
- Personal Training with Certified Personal Trainers (rates available through the HUB desk)
- Monthly Open House events to learn how to use equipment, receive basic workouts and yummy treats!
- Special Series events. Visit our Facebook page for more details, search Champlain College Fitness Center

