

Group Fitness Schedule

Effective 9/15/2025

MONDAY				TUESDAY			
Time	Class	Loca-	Instructor	Time	Class	Loca- tion	Instructor
6:30-7:30am	STRONG by Zumba®	MPR	Suzy	8:00-8:45am	Cardio Kick	MPR	Amanda
8:00-9:00am	Zumba®	MPR	Suzy	9:00-9:30am	Dynamic Core: Level 3	WC	Maddy
12:30-1:00pm	Leg Day: Level 2	WC	Maddy	1:30-2:00pm	Salutations Yoga: Level 3	MPR	Kara
1:30-2:00pm	Chair Yoga: Level 1	MPR	Kara	5:00-5:45 pm	JUMPstart	MPR	Lori
6:00-7:00pm	Martial Arts	GYM	Scott/ Pat/Kevin	THURSDAY			
7:30-8:00pm	Gentle Yoga: Level 2	MPR	Kara	Time	Class	Loca- tion	Instructor
WEDNESDAY				6:30-7:30am	STRONG by Zumba®	MPR	Suzy
Time	Class	Loca- tion	Instructor	8:00-9:00am	Zumba®	MPR	Suzy
6:30-7:30am	Zumba® Step	MPR	Suzy	9:15-9:45am	Floor Yoga: Level 2	MPR	Kara
8:00-9:00am	Zumba® Toning	MPR	Suzy	6:00-7:00pm	Martial Arts	GYM	Scott/Pat/
9:15-10:15am	Chair Yoga and Senior Balance: Level 1	MPR	Kara and Maddy	See Front Desk	Youth Orientation	WC	Varies
12:00-12:30pm	Salutations Yoga: Level 3	MPR	Kara	SATURDAY			
2:30-3:15pm	Power Circuit: Level 3	WC	Maddy	Time	Class	Location	Instructor
FRIDAY				8:00 am	Super Saturday (FREE!)	MPR/WC	Varies
Time	Class	Loca- tion	Instructor	SUNDAY			
8:00-8:45am	Cardio Kick	GYM	Amanda	Time	Class	Location	Instructor
10:00-10:45am	Total Body Blitz: Level 3	WC	Maddy	<u>Every 1st and 3rd Sunday@ 8 -8:45am</u>	Walk Fit (FREE!)	WT	Lori
2:30-4:00pm	Line Dancing (FREE!)	MPR	John				

Classes require a class pass. Passes are available at the Front Desk. Valid membership or day pass also required. All group fitness classes are taught by qualified instructors. CYCC provides all equipment needed for class; however, some class sizes may be limited due to available equipment.

- ♦ All **adult (19+)** class passes are **\$5.00/class**
- ♦ All **youth (18 and under)** class passes are **\$2.00/ class**
- ♦ Passes can be purchased at the front desk.
- ♦ Please turn your pass into your instructor.
- ♦ You may try **each** class for **free the first time**.
- ♦ Children ages 12 and older are welcome to take **any** fitness class
- ♦ Class pass punch cards are available for purchase at the front desk.
- ♦ All equipment for classes is provided; however, some class sizes may be limited due to available equipment or space.
- ♦ Please understand that due to unforeseeable circumstances classes may need to be cancelled. When these situations arise we will post the information as quickly as we can in the most obvious locations (typically our lobby board and social media) and appreciate your understanding.
- ♦ You are encouraged to call the center at 715-854-3109 prior to coming to class.

Class Fitness Levels:

Level 1 = No experience needed

Level 2 = Beginner to intermediate

Level 3 = Advanced

Class Descriptions

Cardio Kick is a fun, action-packed *workout* that combines a series of punching and kicking combinations, this *class* improves strength, muscle tone and endurance.

Chair Yoga and Senior Balance (LEVEL 1) Join us for a gentle yet empowering fitness experience designed for seniors. Our Chair Yoga & Senior Balance class blends mindful movement with balance exercises to enhance strength, flexibility, and coordination—all from the comfort of a chair.

In this supportive environment, participants will engage in soothing yoga poses, deep breathing techniques, and balance activities that promote stability and confidence. Each class will feature two experienced instructors, Maddy and Kara, who will lead 30-minute segments, ensuring a dynamic and enriching experience.

Perfect for all fitness levels, this class helps improve mobility, reduce stress, and foster a sense of community. Whether you're looking to enhance your daily activities or simply enjoy a moment of tranquility, this class is your pathway to a healthier, more balanced life.

Dynamic Core (LEVEL 3) is designed to sculpt and strengthen your core using a blend of bodyweight exercises, free weights, and machine-based movements. This high-energy session is open to intermediate to advanced fitness levels, focusing on building core strength while promoting overall stability and balance.

Floor Yoga (LEVEL 2) practice that is done on the floor. Some postures offered in this class will challenge your mind and body, while others will release built up tension. After class you will leave feeling relaxed, strong, and determined.

Gentle Yoga (LEVEL 2) is a welcoming class that incorporates gentle stretches, light strength-building exercises, and simple balancing poses. Perfect for those looking to deepen their practice, this session focuses on cultivating awareness and confidence in a supportive environment. Join us to enhance your flexibility, build strength, and find balance at a comfortable pace.

JUMPstart engages every muscle in your body with the help of mini trampolines. During this class you will get cardio and strength all in one through a gentle yet rigorous work out. You will leave class feeling accomplished and with a smile plastered on your face.

Leg Day (LEVEL 2) This fast-paced, lower-body focused workout blends machines, free weights, and body weight exercises to tone your legs and glutes. Build strength, power, and endurance in just 30 minutes. Some experience necessary, intermediate fitness levels welcome!

Power Circuit (LEVEL 3) Get ready to sweat with this 45-minute total-body circuit class! Combining strength training, cardio, and core work, you'll challenge every muscle group for a balanced workout. Ideal for those looking to boost endurance and build muscle. Suitable for advanced fitness levels.

STRONG by ZUMBA® is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition... In a **STRONG by ZUMBA®** class, music is the key element.

Salutations Yoga (LEVEL 3) is an invigorating class that emphasizes sun salutations while focusing on balance and strength. Designed for experienced yogis, this session combines dynamic movements with mindful breathing, allowing students to refine their technique and explore advanced variations. Join us to deepen your practice in a supportive environment that fosters both physical and mental growth.

Super Saturday will include a variety of fitness formats to broaden the horizons of exercise, including but not limited to HIIT, Strength, Cardio, Dance, or Yoga. One fitness format incorporated into each class session. Class is offered every Saturday, instructed by any of our certified group fitness instructors.

Total Body Blitz (LEVEL 2) this fast-paced, intermediate-level class delivers a full-body workout in 45 minutes! Combining strength, cardio, and core exercises, you'll engage all major muscle groups while keeping your heart rate up. Expect a mix of weights and bodyweight moves to challenge your endurance and power. Perfect for those looking for a quick, intense workout!

Upper Cut (LEVEL 1) is a great upper body workout for beginners! Dumbbells will be used to improve muscular strength and endurance in the shoulders, biceps, triceps, and chest. This class is great for beginners looking to increase their upper body strength.

Youth Orientation is for youth ages 11-14 to learn how to use the Wellness Center's equipment as well as what muscle groups are being worked while using the equipment.

Walk Fit is a fun and energizing class on our indoor walking track! This music-infused workout blends walking intervals with strength and cardio exercises, giving you a low-impact, full-body workout that's perfect for all fitness levels. Whether you're looking to boost endurance, build strength, or simply stay active, Walk Fit will keep you moving and motivated.

ZUMBA® is a fusion of Latin and International music/dance themes that create a dynamic & exciting atmosphere. The routines feature aerobic/fitness interval training with a combination of fast & slow rhythms that tone & sculpt the body. Zumba® is based on the principle that a workout should be "FUN & EASY TO DO."

ZUMBA® STEP Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

ZUMBA® TONING is a fun full-body sculpting class synced to the rhythms of music. Emphasis on toning and sculpting to define your muscles. Added resistance by the use of weights will target zones, including arms, core and lower body. Results will be improved strength and muscle tone.