

# Group Fitness Schedule

Effective 12/05/2025

*You may try each class for free the first time!*

## MONDAY

Time	Class	Location	Instructor
6:30-7:30am	STRONG by Zumba®	MPR	Suzy
8:00-9:00am	Zumba®	MPR	Suzy
12:30-1:00pm	Leg Day: Level 2	WC	Maddy
1:30-2:00pm	Chair Yoga: Level 1	MPR	Maddy
6:00-7:00pm	Martial Arts/ Taekwondo	MPR	Scott, Pat &Kevin

## TUESDAY

Time	Class	Location	Instructor
8:00-8:45am	Cardio Kick	MPR	Amanda
9:00-9:30am	Dynamic Core: Level 3	WC	Maddy
10:00-10:45am	Advanced Yoga Flow: Level 3	MPR	Maddy
5:00-5:45pm	JUMPstart	MPR	Lori
By Appointment	Youth Wellness Center Orientation	WC	Varies

## WEDNESDAY

Time	Class	Location	Instructor
6:30-7:30am	Zumba® Step	MPR	Suzy
8:00-9:00am	Zumba® Toning	MPR	Suzy
9:15-10:00am	Forever Fit (Seniors):	MPR	Maddy
2:30-3:15pm	Power Circuit: Level 3	WC	Maddy

## THURSDAY

Time	Class	Location	Instructor
6:30-7:30am	STRONG by Zumba®	MPR	Suzy
8:00-9:00am	Zumba®	MPR	Suzy
9:15-10:00am	Floor Yoga: Level 2	MPR	Maddy
2:00-2:30pm	Upper Cut: Level 1	MPR	Maddy
6:00-7:00pm	Martial Arts/ Taekwondo	MPR	Scott, Pat &Kevin

## FRIDAY

Time	Class	Location	Instructor
8:00-8:45am	Cardio Kick	GYM	Amanda
10:00-10:45am	Total Body: Level 3	WC	Maddy
12:30-1:00pm	Stick Fit Cardio: Level 1	MPR	Maddy
2:30-4:00pm	Line Dancing (FREE)	MPR	John

## SATURDAY

Time	Class	Location	Instructor
8:00am	Super Saturday (FREE!)	MPR/ WC	Varies

All classes require a valid membership or day pass and a class pass, both available at the Front Desk.  
Classes are led by qualified instructors, and all necessary equipment is provided by CYCC.  
Please note: Class sizes may be limited based on available equipment.

## **Class Pass & Participation Information**

- A valid membership or daily/weekly pass is required to participate in any class.
- Adult (19+) class passes: \$5.00 per class
- Youth (18 and under) class passes: \$2.00 per class
- Passes and punch cards may be purchased at the Front Desk.
- ***First class is free! Try any class once at no cost.***

## **Additional Details**

- Participants ages 12 and older are welcome in all fitness classes.
- All equipment is provided; however, class sizes may be limited due to space or available equipment.
- In the event of a class cancellation (due to weather, instructor illness, or other unforeseen circumstances), updates will be posted promptly in the lobby and on our social media.

**If you are unsure whether a class is running, please call the Center at 715-854-3109 before arriving.**

## Class Descriptions

**Advanced Yoga Flow (Level 3)** A dynamic and challenging class designed for students ready to strengthen, stretch, and refine their practice. Expect flowing sequences with standing balances, backbends, core work, and optional inversions. Breath control, alignment, and mindful transitions are emphasized to safely support your growth. This class is ideal for those comfortable with more intense yoga and looking to advance their skills.

**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 (Level 1)** Gentle, accessible yoga designed for all ages and abilities. Using a chair for support, you'll improve flexibility, strength, and balance while focusing on mindful breathing and relaxation. Perfect for beginners, those with limited mobility, or anyone looking for a low-impact practice. Props such as chairs, blankets, and straps will be available to support your comfort and alignment.

**Dynamic Core (Advanced)** 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)** A flowing yoga class for students with some experience or those looking to build strength and flexibility. This class incorporates standing poses, balance work, and floor stretches to improve mobility, core strength, and overall body awareness. Breath-focused sequences help you move with intention while exploring a moderate level of challenge. Props like blocks, straps, and blankets are available to enhance your practice.

**Forever Fit (Seniors)** Stay active, strong, and confident with this full-body fitness class designed for older adults! Each session combines gentle flexibility work, balance training, and strength exercises to improve mobility, coordination, and overall wellness. Move at your own pace in a fun, supportive environment.

**JUMPstart (All Fitness Levels)** 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 on your face.

**Leg Day (Intermediate)** 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 (Advanced)** 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 tradition 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.

**Stick Fit Cardio (All Fitness Levels)** a lively, full-body cardio workout using foam sticks (short pool noodles)! Move to the beat with easy-to-follow routines that combine rhythm, drumming, and simple aerobic moves. This class is designed for all fitness levels — no experience needed, just bring your energy and a smile!

**Super Saturday** will include a variety of fitness formats to broaden the horizons of exercise, including but not limited to HIIT, Strength, Cardio, Dance, etc. 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 (Intermediate)** 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 (Beginner)** 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 Wellness Center Orientation** is for youth in **grades 6-8** to learn how to safely and properly use the Wellness Center's fitness equipment. They will also learn what muscle groups are being worked while using the different pieces of equipment.

**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 increase 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.