



Cleveland Clinic

Fitness Center

CLASS SCHEDULE

(January 13 - March 28)

MONDAY

6:30 - 7:00a

Cardio Strength

Julia / Gym

5:00 - 5:45p *

INSANITY
LIVE!

Michelle-Meet @ Desk

5:30 - 6:15p

Power Vinyasa

Bria / Rec Room

5:30 - 6:15p

Ride Hard

Judy/ Gym

6:30 - 7:00p

Aqua Express

Judy/ Pool

TUESDAY

6:30 - 7:00a

AAA

Michelle / Gym

4:45p - 5:30p

RPM

Mackenzie/ Cycle
Studio

5:00 - 5:45p

Zumba ®

Terri / Gym

6:00 - 6:45p

Bootcamp

Eric / Gym

6:50p - 7:20p

Marine "Core"

Evan / Gym

WEDNESDAY

5:05 - 5:40p

Pump & Sculpt

Michelle / Gym

5:45 - 6:15p

TRANSFORM
LIVE!

Michelle / Gym

THURSDAY

6:00 - 6:45a

3-2-1

Eric/ Gym

5:15 - 5:45p

Walk and Talk

Evan / Indoor Track

5:30 - 6:15p

RPM

Michelle / Cycle
Studio

6:00 - 6:45p

HIIT

Mackenzie/ Gym

FRIDAY

4:00 - 4:30p

Rock Bottom

Mackenzie / Gym

SATURDAY

8:15 - 9:00a

Ride and Shine

Jackie / Cycle Studio

9:15 - 10:00a

Vinyasa Yoga

Jackie / Gym

11:00a - 12:00p

Zumba ®

Terri / Gym

Please check our website for any class
cancellations!

<http://www.ccmpleeewellness.com/group-exercise>

3-2-1: Three minutes of cardio work, 2 minutes of strength work, and 1 minute of stretching those sore muscles. Then repeat for a full body workout! Get fit in 3...2...1!

AAA: Get out of your comfort zone by challenging your arms, abs and A\$\$! This class will tighten and shape your problem area to get your swimsuit ready!

Aqua Express: This class offers the ability to gain strength and cardiovascular fitness by using the natural resistance of the water and incorporating water toys. You learn exercises to help improve range of motion, flexibility and metabolism. No swimming skill needed to participate.

Bootcamp: Participants will use stability balls, body bars, steps, jump ropes and other fitness tools to perform a total body workout. Drills, calisthenics, obstacle courses and intervals will be taught to allow you experience the workout of a lifetime. Come prepared to sweat!

Cardio Strength: Start your morning out with a total body workout that will get you toned, keep your heart pumping and sweating in a short amount of time!

Endurance Ride: This class focuses on building endurance with longer, less intense intervals. Remain in the saddle most the class during a steady paced ride.

HIIT (High Intensity Interval Training): Cardio training that alternates short, very high intensity intervals with longer slower intervals to recover. HIIT is a great way to improve performance and also improves the ability of muscles to blast fat.

Insanity®: Get ready to incinerate fat and calories with the ultimate cardio-conditioning program using MAX Interval Training. No matter what your fitness level, we'll help you challenge yourself so you truly transform your body. Be sure to get in early! Sign up at the front desk! **LIMITED SPACE AVAILABLE!**

Marine "Core"- A 30 minute action packed class focusing on enhancing your core, which includes the abdominal and lower back muscles. A strong core improves performance and prevents back pain.

Power Vinyasa Yoga: (Held in Rec Room, through the Café) Powerful, energetic for yoga where movements are fluid from one pose to the next while connecting breath to movement.

Pump & Sculpt: challenges all of your major muscle groups by using the best weight-room exercises at high repetitions combined with low weight loads.

Ride Hard: Get it all with the 45 minute ride! This class will take you through hills, sprints and endurance followed by cycle specific stretching

Ride n Shine: Start your Saturday off right by attending this high energy class! The upbeat music will wake you up, along by hitting hills, sprints and endurance intervals to help wake you up!

Rock Bottom: It's time to get booty specific by targeting your glutes. This class will trim, tone and lift by combining cardio and strength training exercises.

RPM: A high energy cycle experience with music that will motivate you through sprints, hill climbs, jumps, springs and flat riding. You control the resistance and speed to work at your own fitness level. It's a journey not a race!

Transform®: Get ready to sculpt your core, legs, glutes and upper body through the use of steps! Transform LIVE offers progression and regression that makes the class accessible and effective for everyone.

Walk and Talk: Looking to get back in to exercise or have an injury? This class is designed to teach participants the benefits of exercise through walking, while increasing cardiovascular conditioning, endurance and flexibility. This class starts out with walking followed by a group stretching session.

Vinyasa Yoga: Yoga practice where you string postures together so that you move from one to another, seamlessly, using breath.

Zumba ®: Have fun and burn calories at the same time! This class features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. This class is designed for inexperienced and experienced dancers.