

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FACILITY HOURS	10 AM - 8 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	8 AM - 8 PM
POOL HOURS	10 AM - 4 PM	6 AM - 10 PM (# OF LANES FOR OPEN SWIM WILL VARY)	6 AM - 10 PM (# OF LANES FOR OPEN SWIM WILL VARY)	6 AM - 10 PM (# OF LANES FOR OPEN SWIM WILL VARY)	6 AM - 10 PM (# OF LANES FOR OPEN SWIM WILL VARY)	6 AM - 10 PM (# OF LANES FOR OPEN SWIM WILL VARY)	8 AM - 4 PM
GROUP EXERCISE CLASSES		9am Silver Circuit 4pm Ab Attack 5pm Boot Camp 6pm Zumba 7pm Yoga -Beginner	8am Aqua Aerobics 5pm Circuit Training 6pm Kickboxing 7pm Fitness Yoga 8pm Run a 5K	4pm Ab Attack 5pm Boot Camp 5:30pm Aqua Core 6pm Body Sculpt 6pm Zumba 7pm Pilates	8am Aqua Aerobics 9am Circuit Training 5pm Cardio Blast 6pm Kickboxing 7pm Yoga- Interm. 7:30pm Spike Fitness	9am Silver Circuit 4pm Ab Attack	10am Boot Camp
<p>This month, we are offering FREE ACCESS to our Wednesday group exercise classes as part of our Wellness Wednesday program!</p> <p>If you are guest, please sign in at the front desk before taking the class or joining the Wellness Wednesday activity.</p>				WW = Group Exercise Mix (11AM & 1 PM in the Multipurpose Rooms) 1	2	CLOSING AT 8 PM FOR JULY 4 TH HOLIDAY 3	CLOSED FOR 4 TH OF JULY 4
	5	6	7	WW = Body Fat % Checks (11AM & 1 PM in the Assessment Suite) 8	9	10	11
	12	13	14	WW = How to Play Wallyball (11AM & 1 PM in the Racquetball Courts) 15	16	17	18
	19	20	21	WW = Working Out in the Water (11AM & 1 PM in the Pool Meet Office) 22	23	CLOSING AT 8PM FOR STAFF TRAINING 24	25
	26	BASKETBALL ARENA WILL BE CLOSED 8-9PM & POOL WILL BE CLOSED 9-10PM FOR RENTAL 27	28	WW = How to Play Knock Out (11AM & 1 PM in the Basketball Arena) 29	30	31	

All of SHEPHERD UNIVERSITY *Wellness Center's* group exercise classes have been evaluated and labeled in regards to whom it is appropriate for and the specific level of expected intensity:

- Low Intensity: Appropriate for all fitness levels
- Moderate Intensity: Appropriate for all fitness levels with modifications
- High Intensity: May not be appropriate for all fitness levels

Class Description

NEW! Aqua Core: Splash into this 60 minute class that involves integration of the core for proper alignment, strength training, stretching, and breathing. Core training has never been so fun!

NEW! Pilates: This 60 minute energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. This class is designed to show proper execution of form, breath, and technique to everyone in a self-paced yet challenging way.

NEW! Run a 5K: If you live by the saying "running is not for me" then this class was designed just for you! In this 45 minute class you will learn proper breathing, form, technique, and stride mechanics to bring out the runner that is in you. This is a progressive class that will gradually prepare you to run 3.1 miles. Through education and interval training, you will be running in no time!

NEW! Spike Fitness: This sport specific volleyball class is the best way to get in a great workout and have fun while doing it. During the first 30 minutes of class, participants will run drills and work on technique. Every class will end with a pick-up game to showcase your skills. The class can only hold up to 11 participants and it's one workout you won't want to miss!

Aqua Aerobics: In 60 minutes enjoy the benefits of: strengthening of muscles and joints, relief of stress, the prevention of osteoporosis, and meeting new people.

Circuit Training: This 30 minute class will give you a great full body cardio and strength training workout, combining strength training, cardio movements, balance training and plyometrics. This circuit training formatted class can be altered to challenge ALL FITNESS LEVELS.

Silver Circuit: This 60 minute class incorporates flexibility and strengthening exercises for the entire body. Instruction is done with special care to avoid impact to the joints. Each class is different and may include chair instruction, band strengthening, stability ball, free weight, and resistance machine training and can take place both inside and outside our facility.

NEW! Body Sculpt: Shape up in this 60 minute class works on sculpting and strengthening all major muscle groups in the upper and lower body, including abs. May utilize one or more of the following: hand-held weights, bands, balls, bars, and steps.

NEW! Fitness Yoga: In this 60 minute class, you will move from one dynamic yoga posture to the next to improve flexibility, strength and balance. Focus on injury reduction and low-impact strength training – perfect for the athlete in all of us. This yoga class will take your mind and body to the next level. Strengthen and lengthen your muscles while burning big-time calories.

Ab Attack: A 30 minute workout focused on strengthening the core using both isotonic (multiple repetitions) and isometric (controlled held position) techniques.

Cardio Blast: This 60 minute class is an aerobic workout that blends simple choreographed combinations with plyometrics and strength moves to give you a great over-all workout.

Yoga: Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation. Beginner and intermediate classes are offered. Come in and leave in sync with your mind, body, and breath.

Beginner- classes provides a safe and instructive space for new and continuing participants to learn and refine the yoga basics, primary poses, principles of alignment, and breath-work. Classes are moderately paced.

Intermediate- classes provide a more vigorous routine. The pace is quicker, poses are held longer and more challenging variations of yoga poses are taught. Yoga experience is not required but strongly recommended.

Zumba: This 60 minute class consists of mostly Latin based dance routines that are inspired by hip hop, belly dancing, reggaeton, and so much more!

Boot Camp: Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!

Kick Boxing: This 60 minute class will shape your upper body with actual 'in-the-ring' combinations, (jabs, hooks, upper-cuts) as you work your legs with a series of kicks. Jump roping & abdominal work round out this class.