



# GROUP-X SCHEDULE

## Spring 2024 April 1- June 30

### MONDAY

7:30-8:30am  
Interval Training  
Claire

9:00-10:00am  
Gentle Stretch  
Jesse

11:30am - 12:15pm  
Intro C3 Training  
Sami

1:00-2:00pm  
Water Aerobics  
Bj

4:15-5:00pm  
C3 Circuit Training  
Faith

5:15-6:00pm  
C3 Circuit Training  
Faith

5:30-6:30pm  
Cycle  
Patrick

5:30-6:30pm  
Step and Sculpt  
Jesse

6:30-7:15pm  
Boot Camp  
Mateo

6:30-7:30pm  
Yin Stretch  
Ale



### TUESDAY

8:30-9:15am  
Balance & Stability  
Mateo

9:30-10:15am  
Balance & Stability  
Mateo

10:30-11:30 am  
Chair Aerobics  
Ale

4:15-5:00pm  
C3 Circuit Training  
Sami

4:30-5:30pm  
PiYo  
Jesse

5:15-6:00pm  
C3 Circuit Training  
Faith

5:30-6:30pm  
B.A.A.T.s  
Gail N

6:30-7:30pm  
BollyX  
Lalitha

6:30-7:15pm  
Glute Camp  
Jason



### WEDNESDAY

7:30-8:30am  
Interval Training  
Claire

9:00am - 9:45am  
Intro C3 Training  
Faith

10:00-11:00am  
Water Aerobics  
Bj

4:15-5:00pm  
C3 Circuit Training  
Jason

5:15-6:00pm  
C3 Circuit Training  
Jason

5:30-6:30pm  
Pilates  
Gail N

6:30-7:15pm  
Boot Camp  
Jason/Sami

6:30-7:30pm  
Stretch Flow  
Ale



### THURSDAY

9:00-9:45am  
Balance & Stability  
Lisa

10:30-11:30am  
Rockin' Chair Aerobics  
Bj

1:00-2:00pm  
Water Aerobics  
Bj

4:15-5:00pm  
C3 Circuit Training  
Mateo

5:15-6:00pm  
C3 Circuit Training  
Faith

5:30-6:30pm  
Barre  
Vanessa

5:30-6:30pm  
Cycle  
Patrick

6:30-7:30pm  
Step and Sculpt  
Gail S

6:30-7:15pm  
Glute Camp  
Jason



### FRIDAY

6:00-7:00am  
Cycle  
Mary

7:30-8:30am  
Interval Training  
Claire

9:00-9:45am  
Strengthen & Lengthen  
Lisa

10:00-11:00am  
Water Aerobics  
Lisa

### SUNDAY

5:00-6:00pm  
Pilates  
Faith

6:00-7:00pm  
Kickboxing  
Melissa

Coming Soon  
April 21, 2024

Classes during Senior  
Hours in purple.

\*Class dates  
and  
times are subject to change



# CLASS DESCRIPTIONS

**B.A.A.T.s** A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

**Balance and Stability** Designed to help you become stronger and improve balance. It can be adapted depending on the skill of individual participants.

**Barre** A low-impact, high-intensity class designed to tone muscles and improve strength, agility and flexibility.

**BollyX** A Bollywood-inspired movement-fitness program that combines dynamic choreography with high-intensity interval training (HIIT), all performed to upbeat and heart-pumping music from around the world.

**Cycle** These stationary bike classes are the perfect way to start your everyday routine. Ideal for participants at all levels of fitness and experience.

**Chair Aerobics** Light weights and TheraBands® are used for resistance training to increase strength. Some balance movements are done while standing with options for seated participants.

**C3 Circuit Training** This class offers high-intensity cardio and resistance weight training for a full-body workout. The body will be pushed to different levels, reaching maximum effort and elevating the heart to a higher fitness level intensity. \*Reservation Required\* please visit [mydrayson.llu.edu](http://mydrayson.llu.edu) to book your spot.

**Gentle Stretch** A beginner stretch class suitable for all ages and all levels of ability. Students will learn simple stretch poses to improve flexibility, strength, and balance as well as easy breathing exercises to reduce stress, boost the immune system, promote the mind body connection, and improve mental health.

**Intro C3 Circuit Training** same movements as C3 Circuit Training at a beginners level.

**Interval Training** Combines aerobic floor work with free weight training. Makes a great workout for all of the muscles.

**Kickboxing** Kick, Punch, Bob and Weave your way through the high impact, complete body workout that aims to improve strength, aerobic fitness, coordination and balance.

**Pilates** Become stronger and more flexible without bulking up. Pilates concentrates on using fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of dynamic stretching. This fat burning, low-impact class is great for defining muscles and building strength and is suitable for all levels.

**Rockin' Chair Aerobics** Chair Aerobics invigorated by the sounds of the 50's and 60's music.

**Step and Sculpt** Moderate-intensity step aerobics designed to sculpt, tone, and reshape the total body.

**Strengthen & Lengthen** Consists of gentle stretching poses and sequences in conjunction with breath that will improve the strength, flexibility, and mobility of your spine. You will work on strengthening various muscle groups, stretch, and lengthen tight areas of the body while improving bone density, balance, and posture.

**Stretch Flow** This slower paced flow class allows time to explore dynamic stretching postures while cultivating strength, flexibility, balance and tranquility.

**Water Aerobics** A low impact, moderate intensity workout in our heated pool that gives you a unique way to exercise while having fun.

**Yin Stretch** A slower paced, tradition stretching class which incorporates poses which are held for a long period of time to target the connective tissues. Yin Stretch will help you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.