

# GROUP-X SCHEDULE **Summer 2022**

## MONDAY

**7:30-8:30 am**

Interval Training

**9:00-10:00 am**

Gentle Yoga

**New! 1:00-2:00 pm**

Water Aerobics

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30 pm**

Cycle

**5:30-6:30 pm**

Step Plus Abs

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Yoga

## TUESDAY

**9:00-9:45 am**

Balance & Stability

**10:30-11:30 am**

Chair Aerobics

**4:15-5:00 pm**

C3 Circuit Training

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30 pm**

B.A.A.T.s

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Zumba®

## WEDNESDAY

**7:30-8:30 am**

Interval Training

**10:00-11:00 am**

Water Aerobics

**4:15-5:00 pm**

C3 Circuit Training

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30 pm**

Cycle

**5:30-6:30 pm**

Pilates

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Yoga

## THURSDAY

**9:00-9:45 am**

Balance & Stability

**New! 10:30-11:30 am**

Rockin' Chair  
Aerobics

**5:15-6:00 pm**

C3 Circuit Training

**5:30-6:30pm**

Barre

**6:30-7:15 pm**

C3 Circuit Training

**6:30-7:30 pm**

Interval Training

## FRIDAY

**6:15-7:15 am**

Cycle

**7:30-8:30 am**

Interval Training

**10:00-11:00 am**

Water Aerobics

## SUNDAY

**New! 5:00-6:00 pm**

Pilates

**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.

**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.

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

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

**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.

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

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

**Total Body Conditioning** Low-impact movements, emphasizing aerobic fitness, flexibility, strength, balance and posture.

**Yoga** Suitable for all levels of participants; focuses on a slower set of poses and deep, long, stretches for increased flexibility.

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

**Zumba®** Fundamentals of Salsa rhythm and footwork with fast and slow rhythms, incorporating resistance training. Burn calories and fat with an exciting Latin twist!