













# WHITTIER WELLNESS & FITNESS CLUB

Comprehensive. Compassionate. Community.

## GROUP EXERCISE SCHEDULE

**\*October 01, 2016- December 31, 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STAY HYDRATED</b>		9:30am-10:30am Prenatal Yoga Michael		<b>SMILE</b>	
12:30pm-1:30pm All Level Yoga Michael	10:30am-11:30am Bootcamp Chewy	11am-12pm All Level Yoga Michael	1pm-2pm Silver Slippers Yoga Michael	10:30am-11:30am Bootcamp Chewy	
	<b>EAT PLENTY OF FRUITS &amp; VEGETABLES</b>	<b>CHALLENGE YOURSELF</b>			10am-11am All Level Yoga Ashley
4:30pm-5:00pm Strength and Cond. Chewy	<b>BE HEALTHY &amp; STAY FIT</b>	5:00pm-6:00pm Meditation & Relaxation Ashley	5pm – 5:30pm Abs Express Trent	1pm-2pm All Level Yoga Ashley	<b>BE HAPPY &amp; HAVE A GREAT WORKOUT!</b> 
5:15pm-6:15pm Beginner's Yoga Ashley	5:30pm-6:30pm All Level Zumba Rachel		5:30pm-6:30pm Total Body HIIT Tangie	5:30pm-6:30pm Bootcamp Chewy	
6:30pm-7:30pm Zumba Susan	6:30pm-7:30pm Total Body HIIT Tangie	6:30pm-7:30pm Zumba Susan		<b>ENCOURAGE A FRIEND TO JOIN YOU</b>	

- **\*Classes are subject to change without notice.**
- Members will not be permitted to enter class 10 minutes after the class has started.
- Classes require a minimum of **5** participants to run, so bring a friend!
- Please bring water/ a water bottle for hydration.
- Classes using equipment are run on a first come first serve basis; there is no reserving space or equipment for anyone other than yourself.
- Wear breathable comfortable fabrics that do not restrict movement, and shoes w/proper design, support and cushioning.

Whittier Wellness and Fitness Club, 1290 Tremont Street Roxbury, MA 02120

PHONE: 617-425-5100

WEBSITE: [whittierfitnessclub.org](http://whittierfitnessclub.org)

HOURS OF OPERATION: Monday-Friday 6am-9pm, Saturday 7am-6pm

# GROUP EXERCISE CLASS DESCRIPTIONS

**Abs/Core Express**- Strengthen your core with this 30 minute class using both standing and floor exercises to trim, tighten and tone that core. May also combine cardio, Pilates, and weights to beat that belly flab. Feel free to bring your own mat. Be sure to come on time to get your full 30 minutes!

**Bootcamp**- Bootcamp is an exercise sequence designed for efficient calorie burn in the shortest amount of time. The goal is to get you fit, get you healthy, challenge your mind, challenge your body, and overall make your fitness journey fun and exciting. Bootcamp combines: strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get a fine mix of everything you need! The classes are 60 minutes in length. The idea is to keep you moving and burning fat from the first minute to the very last.

**Cardio Kickboxing**- A combination of intense moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool down.

**Circuit Challenge**- Get a cardio and weight training workout with this mid-high intensity endurance training class. Incorporates circuit style training to improve core strength, cardio conditioning, and flexibility. Learn new exercises that can be used on the fitness floor. Equipment includes stability balls, the BOSU, jump ropes, dumbbells, and steps. For all levels.

**Meditation & Relaxation**- Classes will range from 30 minutes -1 hour encompassing a variety of stress reduction and relaxation techniques, breathing, stretching and mindfulness activities. Please come dressed in comfortable, breathable, non-restrictive fabrics. Get ready to relax, relate, and release.

**Prenatal Yoga**- Classes help women prepare for birth and motherhood by connecting to our bodies and growing babies. The intention is to promote healthy pregnancy before delivery. Feel free to bring your own mat.

**Strength & Cond.** - You'll love the fun and variety of our strength & conditioning class. Expect to burn fat, improve your bone density, burn calories and boost metabolism and more with the added motivation of training in a group.

**Silver Slippers Yoga** – Exercise for seniors and older adults who are looking to increase strength and flexibility. This is a low impact yoga for all ages.

**Total Body HIIT**- High intensity interval training (HIIT) includes a core workout, and ends with a unique cool down. HIIT ramps up fat burning, elevates your heart rate faster and your metabolism longer, letting you burn additional total calories in a shorter amount of time. HIIT results in EPOC, an after-burn effect which cause you to burn calories for hours after your workout is completed. Come for the challenge!

**Yoga**- Yoga is a physical and meditative practice that helps reduce stress and blood pressure, improve concentration and sleep and treat many conditions such as arthritis, asthma, and heart disease. The intention is to promote health, peace and wellbeing. Feel free to bring your own mat.

**Zumba**- A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. There's mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective and super fun.