# **Group Exercise**



## Updated 5-31-13 July and August 2013 Classes - Many classes will return in September

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30					Spin Tracy New! Starting 7/12	
7:00		Spin Katrina New! Starting 6/24				
7:30 7:30						Spin Tracy/Katrina
8:00 8:00		Strength and Conditioning Circuit Kim (Starts 7/9 in Rm 102)		Power Hour Kim (Starts 7/11 in Rm 102)		
8:30 8:30						Fit Factory Tracy
9:00 9:00		Tone (30 min) Kim (Starts 7/9 in Rm 102)	R.I.P.P.E.D Michelle	Tone (30 min) Kim (Starts 7/11 in Rm 102)		
5:30	Spin Sharron			Spin Katrina		
6:00		R.I.P.P.E.D Michelle				
6:45	Fit Factory John (Re-starts 7/8)		Fit Factory John (Re-starts 7/10)			
7:00		Zumba Debra		Zumba Debra		

#### **Redmond Fit Pass**

Drop-in fee: \$5 for Zumba, all others \$7 30 day Unlimited: \$30 R/ \$36 NR 3— Month Unlimited: \$90 R/ \$108 NR 3— Month Spin Unlimited \$70 R/ \$84 NR

- You must bring your card to each class
- \$10 replacement fee for lost cards
- Classes may be cancelled due to continual low attendance. Classes with less than 3 people, 5min after the start time will not run for the day.



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### **Class Details**

Fit Factory:Build yourself a better body! This 60-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, fun instruction and your choice of weight inspire you to get the results you came for – and fast! The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Strength and Conditioning Circuit: Looking to increase your strength, endurance and overall fitness? This full body workout is designed to do just that. This routine blends strength and conditioning exercises by using resistance from your own body weight. It is loaded with functional exercises created to give you the ultimate challenge.

R.I.P.P.E.D.™ :Is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the R.I.P.P.E.D. workout ensures maximum results, with participants burning 750-1000 calories in a single 50-minute workout. By stimulating different energy systems and muscle groups in each segment, and mixing up the routine every few minutes, R.I.P.P.E.D. keeps your body guessing and improving, and keeps your mind engaged. R.I.P.P.E.D. is constantly challenging but never, ever boring

### Spin:

Come take a ride on our LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience. Please bring a towel and water bottle.

**Power Hour:** This high intensity interval training workout is a full body, calorie torch! It incorporates strength training, with high intensity cardio bursts to get your heart racing. It is a fun and great way to get your body moving. We will cool it all down with some helpful stretching.

**Tone:** Tone will get get you toned up in no time. This class is designed to help sculpt and shape all areas of your body. Each class will be focusing on different areas, keeping it new and exciting. This class will include body weight, weights, TRX, swiss balls, and more!

### ZUMBA®:

Zumba fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required