



IT'S BACK!

Ditch the workout—Join the party!™
Feel the music and let loose. Using the
latest dance moves, you'll shimmy
and shake to the hottest Latin and
international music.
No dance experience necessary.



Register

June 10—June 21!
Classes start June 26!

Zumba®

Wednesdays, 5:00-5:50pm
Davis Center Wellness Center
\$40.00 for 10 classes

You must be a Wellness Center LiveWell member to participate.

Please contact the Wellness Center at 354-2134 if you are unsure of your member status
OR if you need to upgrade your membership from FitWell to LiveWell.



JUNE GROUP FITNESS

Session 3 Classes will be held 6/24 through 8/30!

Mon	Tue	Wed	Thu	Fri
3 Group Cycling 7:15—7:45am Kickboxing 12:05—12:35pm \$Yoga 5:15—6:05pm	4 Metabolic Effect 7:15—7:35am Tabata 12:05—12:35pm Group Cycling 5:00—5:30pm Muscle UP 5:45—6:30pm	5 Total Body Toning 7:15—7:45am Countdown 12:15—12:45pm Boot Camp 5:15—5:45pm	6 Core and More 12:05—12:35pm <u>NO Step Interval</u>	7 Boot Camp 7:15-7:45am DVD Friday 12:15—12:45pm
10 Kickboxing 12:05—12:35pm \$Yoga-Make Up 5:15—6:05pm	11 Tabata 12:05pm—12:35pm Muscle UP 5:45—6:30pm	12 Countdown 12:15—12:45pm Boot Camp 5:15—5:45pm	13 Core and More 12:05—12:35pm \$Step Interval-Make Up 5:00—5:50pm	14 <p style="text-align: center;">No Classes</p>
Group Fitness Session 3 Registration				
17 <p style="text-align: center;">No Classes</p>	18 <p style="text-align: center;">No Classes</p>	19 <p style="text-align: center;">No Classes</p>	20 <p style="text-align: center;">No Classes</p>	21 <p style="text-align: center;">No Classes</p> <p style="text-align: right; color: red;">Last Day to Register</p>
Group Fitness Session 3 Registration				
24 Group Cycling 7:15—7:45am Fit and Fab 12:15—12:45pm \$Yoga 5:15—6:05pm	25 Fitness Mixer 12:05—12:35pm Group Cycling 5:00—5:30pm No Muscle UP	26 Total Body Toning 7:15—7:45am Crazy 8's 12:15—12:45pm \$Zumba® 5:00—5:50pm Bottom-line 6:00-6:20pm	27 Core and More 12:05—12:35pm \$Step Interval 5:00—5:50pm Core Works 6:00-6:20pm	28 Boot Camp 7:15-7:45am

You must be a Wellness Center LiveWell member to participate in group fitness classes.

Please contact the Wellness Center if you are unsure of your member status

OR if you need to upgrade your membership from FitWell to LiveWell.

JUNE GROUP FITNESS CLASS DESCRIPTIONS

Session 3 Classes will be held 6/24 through 8/30!

- ✓ Only Wellness Center LiveWell members are eligible to participate in group exercise classes. If you need assistance to upgrade your membership to LiveWell, please see the Wellness Center Staff.
- ✓ Payment for paid-for classes is accepted by check or exact cash. Checks will be made out to NIFS.
- ✓ A minimum number of 10 participants are needed to hold each paid-for class. If a class is cancelled due to low registration, your payment should be returned to you.
- ✓ Once classes begin, there will be no refunds. Refunds may be given only when you provide the Wellness Center staff a physician's written explanation of why you cannot attend class.
- ✓ If you need any assistance, please contact your Wellness Center at 804-354-2134.

Paid-For Class Descriptions

\$Step Interval: Enjoy easy-to-follow choreography using the traditional step. Tone your abdominals, hips, thighs, and buttocks for a body-blasting workout. Feel the beat while transforming your physique!

Instructor: Melani

Cost: \$35.00 for 10 classes

\$Yoga: Experience peace and calmness as we practice yoga for your body, mind, and spirit. We will connect the postures to our breath for a fun, relaxing class to improve strength, stability and flexibility. Yoga can help you reduce stress, energize, and relax. This class will be gentle and is suitable for all fitness levels. No shoes required!

Instructor: Carolyn

Cost: \$50.00 for 10 classes

\$Zumba®: Ditch the workout—Join the party!™ Feel the music and let loose. Using the latest dance moves, you'll shimmy and shake to the hottest Latin and international music. No dance experience necessary.

Instructor: Shannon

Cost: \$40.00 for 10 classes

Free Class Descriptions

Boot Camp: A 30-minute cardio conditioning class that will focus on burning calories, toning muscle and improving your cardiovascular endurance. **Instructor: Staff**

Bottom-Line: Your rear-end, abs and legs will get a great workout in this class. The instructor will use a variety of equipment to challenge your lower-half. **Instructor: Kristen**

Core and More: This class will strengthen your abdominals and core as well as tone your buns and thighs. **Instructor: Kristen**

Core Works: Zone in on your mid-section in this 20-minute workout. We will tighten and tone the tummy and bottom half in this low-impact, low-cardio class. **Instructor: Melani**

Crazy 8's: Party with our Crazy 8's low-impact class. This 30-minute cardio workout will have you breaking a sweat without compromising your joints. The class is based on eight repetitions of each move and slowly builds to make it easy to follow and to have fun! **Instructor: Lauren**

Fit & Fab: This low-impact, high-energy class will utilize cardio moves and resistance exercises for a superior total body workout. Torch fat and tone your body at the same time! **Instructor: Kristen**

Fitness Mixer: Mix up your exercise and join us for this 30-minute, instructor's-choice class. The instructor will vary each class to give you ten weeks of a well-rounded workout routine. **Instructor: Melani**

Group Cycling: A 30-minute class focusing on cardio challenges, hill climbs and varying speeds and resistance for all participant levels. **Instructor: Melani**

Muscle UP: Enjoy instructor-led weight training that will take you through movements from head to toe. Challenge your major muscle groups to the beat of high-energy, heart-pumping music. **Instructor: Melani**

Total Body Toning (TBT): This all-inclusive class is designed to tone and define your entire body. Take a break from cardio; and shred your abdominals, sculpt your legs, lift your glutes and tone your arms. **Instructor: Melani**

