

# GROUP EXERCISE CLASSES NOVEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 10-11:15am Yoga (TR)	30 7:30-8:30am Pilates (TR) 8:50-9:45a Combo step(gym) 6-7pm Zumba (MSR) 6:30-7:30pm Cardio Kickboxing (TR)	31 5:30-6:15am Strength (Gym) 9-10am Cardio Kickboxing (TR) 5:45-6:15pm Boot Camp (Gym) 6-7pm Mat Science (cancelled) 6-7:15pm Yoga (TR) BRING A BUDDY DAY(all day)	1 5:30-6:30am Pilates (TR) 9-9:30 Strength (gym) 6:30-7:30pm Cardio Kickboxing (TR)	2 5:30-6am Strength (Gym) 9-10:15am Yoga (TR) 6-7pm Mat Science (*MSR) 6-7pm Zumba Toning (TR)	3 5:45-6:30am TRX(gym) 9-10am Cardio Kickboxing (TR) 5:45-6:15pm Boot Camp (Gym)	4 8:30-9:30am Zumba Toning (TR) 12-12:30am HIIT (gym)
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12 10-11:15am Yoga (TR)	13 7:30-8:30am Pilates (TR) 8:45-9:45a Combo step(gym) 6-7pm Zumba (MSR) 6:30-7:30pm Cardio Kickboxing (TR)	14 5:30-6:15am Strength (Gym) 9-10am Cardio Kickboxing (TR) 5:45-6:15pm Boot Camp (Gym) 6-7pm Mat Science (cancelled) 6-7:15pm Yoga (TR)	15 5:30-6:30am Pilates (TR) 9-9:30 Strength (gym) 6:30-7:30pm Cardio Kickboxing (TR)	16 5:30-6am Strength (Gym) 9-10:15am Yoga (TR) 6-7pm Mat Science (*MSR) 6-7pm Zumba Toning (TR) BRING A BUDDY DAY(all day)	17 5:45-6:30am TRX(gym) 9-10am Cardio Kickboxing (TR) 5:45-6:15pm Boot Camp (Gym)	18 8:30-9:30am Zumba Toning (TR) 12-12:30am HIIT (gym)
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**\*CLASSES ARE SUBJECT TO CHANGE/CANCELLATION WITHOUT NOTICE.**

TR=Teen Room (2<sup>nd</sup> floor) / MSR=Middle School Room (2<sup>nd</sup> floor) / Gym (1<sup>st</sup> floor)

Group Exercise Classes (ages 14+): Members: Free / Non-members: \$10 per class / Teens ages 14-17: \$5 per class / Fitness Class Punch Card: 5 classes for \$35

Ludlow Community Center/Randall Boys & Girls Club | 91 Claudia's Way, Ludlow, MA 01056 | Phone: 413-583-2072 |

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## GROUP EXERCISE CLASS DESCRIPTIONS

### ~ Cardiovascular & Strength Classes ~

**BOOT CAMP** - This high-intensity total body workout will maximize your strength and stamina. Boot Camp incorporates cardiovascular and plyometric drills as well as muscular conditioning exercises set to the beat of high-intensity music. Push-ups, sit-ups, jump rope and calisthenics – anything and everything is fair game in this complete workout. 30 minutes

**CARDIO KICKBOXING** - Cardio Kickboxing is a power-packed workout with intense kickboxing moves performed to high-energy, motivating music. Each full body workout consists of a warm-up, higher paced intervals, easy to follow punching and kickboxing combinations, kickboxing-specific strength/endurance training, and a cool down, designed to maximize results while having fun! 60 minutes

**COMBO STEP** – Combo Step is a full-body workout that incorporates a mix of cardiovascular exercises and strength training movements using the original step, the Step360™, body-weight exercises and resistance-training equipment, such as dumbbells or resistance bands. The Step360™ is a step platform with air filled chambers, designed to improve the body's balance, stability and proprioception. 60 minutes

**ZUMBA** - Zumba is a fun and effective 'dance-party' fitness class, with easy to follow dance steps set to the tune of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms for an effective aerobic workout that also tones and sculpts the body. You don't need any previous dance experience to enjoy this class... The dance moves are repeated often enough for you to catch on and they're not complicated. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout. 60 minutes

**ZUMBA TONING** - Zumba Toning blends body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength training dance fitness party. Using lightweight, maraca-like Zumba Sticks, this class enhances rhythm, builds strength and tones all areas of the body. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast! 60 minutes

**STRENGTH** - Strength Class combines strength and cardiovascular-training exercises to provide you with a total body workout. This class utilizes equipment such as stability balls, medicine balls, free weights & more! It focuses on functional training with the goal of improving balance, coordination, muscular strength/endurance and core strength. 40-45 minutes

**TRX** - · Delivers a fast, effective total-body workout · Helps build a rock-solid core · Increases muscular endurance · Benefits people of all fitness levels (pro athletes to seniors) · By utilizing your own bodyweight, the TRX Suspension Trainer provides greater performance and functionality than large exercise machines

**HIIT** – High intensity interval training combining strength, functional, and cardio exercises on a timed circuit style platform. This class uses everything from dumbbells to your own bodyweight. Train like an athlete! 30 minutes.

### ~ Mind & Body Classes ~

**MAT SCIENCE** – Mat Science is a progressive series of exercises – that will increase strength, flexibility and balance of the entire body. The exercises are derived from classic disciplines of Pilates and Yoga. The focus of the class is on mindful movement, core stabilization technique and unified body movements. Mat Science is a low-intensity, calorie-burning workout that sculpts your body slim. 60 minutes

**YOGA** - Experience the rich benefits of yoga with this therapeutic and balanced practice. This class teaches participants to become aware of proper alignment, reduce stress and find focus in both body and soul. Students can increase flexibility and strength while deepening their relationship with their inner self. Basic yoga postures will be taught with an emphasis on meditation and breathing. Join the exciting world of yoga that treats one with care and respect. 60-75 minutes.



LUDLOW COMMUNITY CENTER  
RANDALL BOYS & GIRLS CLUB

**FITNESS ROOM HOURS:** Monday-Thursday 5am-8pm / Friday 5am-7pm / Saturday 8am-4pm / Sunday 8am-2pm (\*8am-12pm during summer)

**CONTACT:** Fitness Director, Lucas Rosa: Email: [lrosa@ludlowbgc.org](mailto:lrosa@ludlowbgc.org), Phone: 413-583-2072, Ext. 212.