


# 2018 Winter Fitness Schedule as of Feb. 1st

Brandon Miller: Healthy Living Director

906 North Center Street Corry, Pa; 814-664-7757

Fitness Center Hours: Mon-Fri 5AM-9PM; SAT 7AM-4PM; SUN 12-4PM

Personal training available \$35 per hour

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INDOOR CYCLING (REX) 5:15AM-6:00AM	BODYPUMP (REX) 5:15AM-6:15AM	INDOOR CYCLING (REX) 5:15AM-6:00AM	BODYPUMP (REX) 5:15AM-6:15AM	YOGA (REX) 5:15AM-6:15AM Indoor Cycling (REX) 6:30 - 7:30am	INDOOR CYCLING (REX) 7:00AM-7:45AM
CARDIO SCULPT 8:15AM-9:15AM	YOGA (REX) 8:30AM-9:30AM	CARDIO SCULPT 8:15AM-9:15AM	YOGA (REX) 8:30AM-9:30AM	CARDIO SCULPT 8:15AM-9:15AM	Body Pump 8:00AM-9:00AM (REX)
ZUMBA 9:15AM-10:15AM	DEEP AQUA AEROBICS 9:30AM- 10:30AM	ZUMBA TONING 9:15AM-10:15AM	DEEP AQUA AEROBICS 9:30AM-10:30AM	ZUMBA GOLD 9:15AM-10:15AM	ZUMBA TONING 9:30AM-10:00 AM
AQUA AEROBICS (SHALLOW) 9:30AM-10:30AM	CHAIR YOGA 9:45AM-10:45AM (REX)	SHALLOW AQUA AEROBICS 9:30AM-10:30AM	CHAIR YOGA 9:45AM-10:45AM (REX)	SHALLOW AQUA AEROBICS 9:30AM-10:30AM	ZUMBA 10:00AM-11:00 AM
SILVER SNEAKERS 11:00AM-11:30AM (REX)	ZUMBA GOLD 5:15PM - 6:15PM	SILVER SNEAKERS (REX) 11:00AM-11:30AM	ZUMBA TONING 6:00PM-6:30PM	SILVER SNEAKERS 11:00AM- 11:30AM (REX)	
Tai Chi (REX) Beginner 3:45 -4:45PM Advanced 4:45- 5:45PM  Cardio Sculpt 4:00- 5:00PM	BODYPUMP 5:30PM-6:30PM (REX)	Tai Chi (REX) Beginner 3:45-4:45PM Advanced 4:45-5:45PM  Cardio Sculpt 4:00- 5:00PM	ZUMBA 6:30PM-7:30PM  Indoor Cycling 6:15pm - 7:00pm (REX)	BODYPUMP 12:10PM-12:50PM (REX)	
BOOTCAMP 6:15-7:15PM (REX)  PEDAL & PRAISE 7:00PM-7:45PM (REX)	INDOOR CYCLING 6:45 - 7:30 PM (REX)	BOOTCAMP 6:15- 7:15PM (REX)  PEDAL & PRAISE (REX) 7:15PM - 8:00PM	Karate 7:00PM - 9:00PM (REX)	Cardio Sculpt 4:00 - 5:00PM	

The 2018 Group Exercise Schedule offers great classes for all fitness levels! Some classes require reservation (Body Pump, Indoor Cycling, Beginner Tai Chi, and Pedal & Praise) which require calling within 48 hours of the class. **Body Pump, Indoor Cycling, Yoga, Chair Yoga, Karate, Bootcamp and Silver Sneakers** are located at the Rex Building which is across from the Corry Journal (29 West South Street)

<p style="text-align: center;"><b>CARDIO SCULPT</b></p> <p>Cardio Sculpt is an hour long total body circuit training class designed to make you sweat! Classes offered both morning and afternoon. Get stronger today by taking this class.</p>	<p style="text-align: center;"><b>ZUMBA FITNESS</b></p> <p>Take the “work” our of workout, by 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? CHECK! Super fun? CHECK AND CHECK!</p>
<p style="text-align: center;"><b>SILVER SNEAKERS</b></p> <p>Silver Sneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.</p>	<p style="text-align: center;"><b>ZUMBA GOLD</b></p> <p>The design of the class introduces easy-to-follow ZUMBA choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.</p>
<p style="text-align: center;"><b>BODYPUMP</b></p> <p>BODYPUMP will sculpt, tone, and strengthen your entire body, FAST!! Great bodies aren't born, they are transformed, using proven BODYPUMP formula. THE REP EFFECT a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you’ll burn fat, gain strength and quickly produced lean body muscle conditioning.</p>	<p style="text-align: center;"><b>ZUMBA TONING</b></p> <p>The challenge of adding resistance by using ZUMBA TONING sticks (light weights), helps you focus on specific muscle groups, so you and your muscles stay engaged.</p>
<p style="text-align: center;"><b>INDOOR CYCLING</b></p> <p>An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential.</p>	<p style="text-align: center;"><b>YOGA</b></p> <p>By adding our YOGA program into your exercise routine you will reduce stress and increase flexibility! Achieve a calmer peace of mind by participating today.</p>
<p style="text-align: center;"><b>PEDAL &amp; PRAISE</b></p> <p>Enjoy the same challenges of a normal indoor cycling class with the addition of friends and fellowship as you pedal to Christian Music! A great class</p>	<p style="text-align: center;"><b>CHAIR YOGA</b></p> <p>Increase your flexibility with the support of a stationed chair. Modified traditional yoga poses will provide a great workout! Great for those who are new to yoga or those looking to increase range of motion.</p>
<p style="text-align: center;"><b>Bootcamp</b></p> <p>Bootcamp is an intense full body workout that will really test your limits! Join instructor Dave Graves at the Rex Building Racquetball Court on Mondays &amp; Wednesdays at 6:15 for an awesome workout!</p>	<p style="text-align: center;"><b>TAI CHI FOR ARTHRITIS</b></p> <p>TCA Core is a program consisting of slow, continuous whole body movements to promote both physical and mental balance.</p>
<p style="text-align: center;"><b>AQUAROBICS</b></p> <p>This shallow water program is geared towards a total body workout including a series of exercises aimed at raising your heart rate, toning your stomach, legs, and arms, and light stretching.</p>	<p style="text-align: center;"><b>KARATE</b></p> <p>Traditional Karate Class! More applicable to self defense! 20 minutes of stretching and calisthenics followed basic karate movements (punches, kicks, stances, etc) and basic theory which we develop into strategy!</p>