## Group Fitness

**Fall 2023**

**August 21—December 8**

fitness@msmary.edu  301.447.3810

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>YOGA</strong> 7:00-7:45 am</td>
<td><strong>INDOOR CYCLE</strong> 6:30-7:30 am</td>
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<td><strong>INDOOR CYCLE</strong> 6:30-7:30 am</td>
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<tr>
<td><strong>INDOOR CYCLE</strong> 9:00-10:00 am</td>
<td><strong>STRENGTH &amp; MOBILITY</strong> 9:00-10:00 am</td>
<td><strong>TRX/ Cardio</strong> 9:00-10:00 am</td>
<td><strong>INDOOR CYCLE</strong> 4:30-5:30 pm</td>
<td><strong>INDOOR CYCLE</strong> 5:00-5:30 pm</td>
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<tr>
<td><strong>TRX</strong> 4:30-5:15 pm</td>
<td><strong>INDOOR CYCLE</strong> 4:30-5:30 pm</td>
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<td><strong>PUMP / POUND</strong> 5:30-6:15 pm</td>
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<tr>
<td><strong>KICKBOXING+</strong> 5:30-6:15 pm</td>
<td><strong>INDOOR CYCLE</strong> 5:30-6:30 pm</td>
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<tr>
<td><strong>ZUMBA</strong> 5:30-6:30 pm</td>
<td><strong>TONE &amp; CORE</strong> 5:30-6:30 pm</td>
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<td><strong>GENTLE YOGA</strong> 6:30-7:15 pm</td>
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**Semester Unlimited Fees:**

- **Mount Student**: Free
- **Mount Community**: $45.00
- **ARCC Member**: $60.00
- **Non-Member**: $75.00
- **Drop-in Fee**: $5.00

**Special Notes:**
- No Classes: September 4th; October 13th; November 22-24
- Modified Schedule October 9-12th (Fall Break)
- **Pump** will switch to **POUND** after fall break

**Class Descriptions:**

- **YOGA**: Improve the way you look and feel with a relaxing 60 minute class that focuses on gentle poses. This class will strengthen your core, improve your posture, increase your balance and flexibility, strengthen and tone muscles, and relieve joint pain. All levels welcome.
- **INDOOR CYCLE**: Instructors will guide you through several workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and cool-downs. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. All you’ll need is workout clothes, a towel (to wipe your face), a water bottle and lots of positive energy.
- **PUMP**: 45 minutes of a barbell workout that incorporates functional strength training by using weights and bodyweight in every movement plane. The safe, motivating exercises and great music create a thrilling results-based fitness class experience.
- **TONE & CORE**: Tone your upper body, lower body, and core with exercises using your own body weight, resistance tubing, mini bands, and/or barbells.
- **ZUMBA**: A 60 minute 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. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.
- **STRENGTH & MOBILITY**: Increase your strength, flexibility, range of motion, stabilization, and posture with static and dynamic stretching. Mobility teaches (or re-teaches) the body to move the way it was meant to. This class is ideal for all bodies - either to complement a workout routine & to help release the body from lack of movement (i.e. sitting at a desk all day). All levels.
- **TRX**: Total Body Resistance Exercise is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.
- **TRX/CARDIO**: Using TRX and a mix of cardio driven exercises get ready to improve your strength, mobility and stability with this challenging and fun, full body workout!
- **KICKBOXING+**: An action-packed workout that combines punches, kicks, and more to maximize your calorie burn while improving, muscle tone, core strength, and endurance. Count on great music, powerful moves, and an enthusiastic instructor.