FALL '26 GROUP FITNESS SCHEDULE

SEPTEMBER 8-DECEMBER 11

Monday	Tuesday	Wednesday	Thursday	Friday
	Indoor Cycling 12:00–12:45 PM Lisa			**Strength 45** 12:00–12:45 PM Lisa
Pilates Mat 4:00–4:30 PM Deb	**Pilates Fusion** 4:30–5:15 PM Deb	**Jabs & Abs** 4:30–5:00 PM Lisa	**Indoor Cycling** 4:00–4:45 PM Deb	
Indoor Cycling 4:45–5:30 PM Deb	**Zumba** 5:30–6:30 PM Chastidy	**Strength 45** 5:15–6:00 PM Lisa	**Tone & Core** 5:00–5:45 PM Deb	
Yoga Sculpt 6:00–7:00 PM Chloe		**Yoga Flow** 6:15–7:00 PM Chloe	**Classes are held in the ARCC (Group Exercise Studio–119 and Spin Room–122)**	

Mount Students: Free

Mount Community: $60.00

ARCC Members: $75.00

Non-Members: $90.00

Drop-in: $10.00

No Classes:

October 2, 5, 21, 28

November 2, 17, 25, 26, 27

fitness@msmary.edu / www.msmary.edu/recreation

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.

JABS & ABS: An action-packed workout that combines punches, kicks, and core exercise to maximize your calorie burn while improving, muscle tone, core strength, and endurance. Count on great music, powerful moves, and an enthusiastic instructor

PILATES FUSION: A Pilates based class which incorporates strength training using light to medium weights and finishing with a full body stretch.

PILATES MAT: A 30-minute mat-based exercise session focusing on core strength, flexibility, and body control.

TONE & CORE: Tone your upper body, lower body, and core with exercises using your own body weight, resistance tubing, mini bands, and/or barbells.

STRENGTH 45: Create thrilling results in a 30 or 45 minute class filled with strength building multi-joint moves using barbells and dumbbells.

YOGA FLOW: The practice incorporates a dynamic movements style seamlessly transitioning from one pose to the next, synchronizing movement with your breath. The format is perfect for all levels, and can be easily modified to accommodate any fitness level.

YOGA SCULPT: A dynamic blend of traditional yoga flows with strength training using light weights and resistance bands, plus cardio intervals, to build muscle, boost metabolism, and tone the body while keeping the meditative aspects of yoga

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.