

Capitol Hill Fitness Center

Group Exercise Schedule

NOVEMBER 2016

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a		Boot Camp Jason	Ride & Shine Katie	Boot Camp Jason	Tabata Carmen	BodyFlex Strength Jason	
11:30a		Body Flex Kimberly	Dance Party ^Δ L'laina/LaTanya	POP Pilates™ Gianna	Body Flex Kimberly	Cycle Ebony	
12:15p		Kickboxing Kim	Yoga Liz	Cycle Ebony	Yoga Huriyyah	TGIF Dance Party ^Δ * Genesis	*Class begins at 12:30p. New attendees please come at 12:15p.
1:15p					"Get Served" ^Δ Genesis	Take 5 ^Δ Shan <i>*Class will start at 1:30p</i>	^Δ Denotes FREE class for ALL state employees.
4:15p		Pilates Core Fusion Brianna	Body Flex Floyd	Spin Carmen	Step Floyd		
5:15p		Body Flex Shan	Jillian Michael's BodyShred® Brianna	Body Flex Shan	Jillan Michael's BodyShred® Brianna		

Strive to Strive is still on! Wednesday's at 4:15pm. Meet in the Fitness Center around 4:10pm to meet with the group

All classes are in the 2nd floor Group Exercise Room unless otherwise noted. We kindly ask that you BE ON TIME for classes as not to interrupt the instructor and to ensure you are properly warmed up to exercise. Please be dressed in athletic shoes for classes (no flats or bare feet)!

BodyFlex: This total body strength training workout uses a plate loaded barbell to achieve maximum resistance benefits. Shape and sculpt your body in this effective format. This class is appropriate for everyone.

Butts and Guts- This 30 minute class is a quick blast for the buns and core! This class is for all levels!

Cycle & Core Fusion- A cycling class with a touch Pilates infused with yoga.

Cycle - Get ready for the ride of your life and kick your workouts into high gear! Each 30 minute session can burn 400+ calories! Guaranteed to make you sweat this 30 minute class is for all levels. Bikes are on first come first serve basis and limited to 10 members per class!

Dance Party- FREE TO ALL STATE EMPLOYEES A high-energy dance workout infused with dance moves designed to make you sweat while still having fun! All state employees are welcomed to join this party for a great cardio workout.

"Get Served" - "Get Served", you're on for a challenge! Bring your co-workers and friends to this advanced line dancing class! This class is FREE TO ALL STATE EMPLOYEES

Jillian Michael's Body Shred- A high intensity and endurance based 30 minute workout. You will shred fat, define muscles, transform the entire look of your physique and dramatically enhance your overall athletic performance.

Pilates: Designed to strengthen from the inside out, this class will use the fit ball or basic mat exercises to develop the core musculature and promote efficient movement through corrective exercise. Based on the methods of Joseph Pilates, this class is designed for all levels.

POP Pilates™ : A combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music—it's like a "dance on the mat"! You'll leave feeling sweaty, strong and ready to take on more!

Power 30- Anything Goes! Every class is something different and you never know what you're going to get because it is a surprise every time! With TRX, Step, kettlebells, cardio, sculpting and more you'll get a great workout!

Ride & Shine- This 45-min class will get your engines started better than any cup of coffee. We'll climb, sprint and push our way through rides and always come out feeling better about our bodies and ourselves. Your adrenaline will be soaring as you walk out with a smile on your face. All fitness levels are welcomed. Bikes are limited so come early!

Step: An awesome cardiovascular workout utilizing a step bench, adaptable from 4 – 8 inches from the floor. This class will teach the basic building blocks of step and is suitable for all levels

Strive to Stride- FREE TO ALL STATE EMPLOYEES Strive to Stride is a great way to get in a walk or run after work. Meet up location is at the Fitness Center's front desk.

Take 5- FREE TO ALL STATE EMPLOYEES After a hard week of working out it is best to make sure that you also take care of your body so that you are able to go stronger the next week. This class encompasses flexibility, balance, recovery, repair and mindfulness.

TGIF Dance Party: FREE TO ALL STATE EMPLOYEES Come get your groove on, this fitness party is designed for all levels and is a laid back, funky, booty shaking workout. Bring your own style!

Yoga: Improve circulation, flexibility and energy through this foundational yoga class which combines relaxation with soft tissue lengthening and strengthening. Great for all levels!