

# EDISON GROUP EXERCISE SCHEDULE

SPRING 2024

MARCH 4-APRIL 28

Group Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Schedule</b> is <b>subject to change</b>. Be advised that you should consult a physician prior to starting any exercise program.</p>	<p>6:00-7:00am <b>Sunrise Yoga</b> MPR2-Nancy</p>	<p>6:00-6:55am <b>Group Cycling</b> MPR1-Karen</p>	<p>6:00-7am <b>Sunrise Yoga</b> MPR2-Nancy</p> <p>6am-7am <b>TRX SGT*</b></p>	<p>6:00-6:55am <b>Group Cycling</b> MPR1-Stephanie</p>	<p>6:00-7:00am <b>Total Body</b> MPR2-Karen</p>		
<p><b>Group Ex Class Rules:</b> <b>Minimum age to attend classes is 10 years old and able to stay focused, unless otherwise marked.</b></p>		<p>7:00-8:00am <b>Pranayama</b> MPR2-Preeti</p> <p>7am-8am <b>Squats, Slams, Ropes SGT*</b></p>	<p>7:45-8:55am <b>Yoga</b> MPR2-Preeti</p>		<p>7:45-8:55am <b>Yoga</b> MPR2-Preeti</p>	<p>8:00-8:55am <b>HIIT</b> MPR2-Eleanor</p>	
<p>Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated. Participants are expected to put away equipment used during classes and must sign in after class is over.</p>	<p>7:45-8:55am <b>Yoga</b> MPR2-Alpna</p> <p>9-9:55am <b>Total Body</b> MPR2-Angela</p> <p>9am-10am <b>TRX SGT*</b></p>	<p>8:00-8:55am <b>Pilates</b> MPR2-Angela</p> <p>8am-9am <b>Women on Weights SGT*</b></p> <p>9-9:55am <b>Total Body</b> MPR2-Angela &amp; Megha</p>	<p>9:00-9:55am <b>HIIT</b> MPR2-Christine</p> <p>9am-10am <b>Squats, Slams, Ropes SGT</b></p>	<p>8:00-9:00am <b>Total Body</b> MPR2-Angela</p> <p>9:00-9:55am <b>Pilates</b> MPR2-Angela</p>	<p>9am-10am <b>Squats, Slams, Ropes SGT*</b></p>	<p>9:00-10:00am <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Srividya</p>	<p>8:00-8:55am <b>Strong Nation</b> MPR2-Bhavana</p> <p>9:00-10:00am <b>Bolly-X</b> MPR2-Aanchal</p>
<p><b>Key</b> MPR1: Multi Purpose Room 1 MPR2: Multi Purpose Room 2</p>	<p>10-10:55am <b>Zumba</b> MPR2-Christine</p>	<p>10:00-11:15am <b>Yoga</b> MPR2-Reena</p>	<p>10:00-10:55am <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Sakshi</p>	<p>10:00-11:00am <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Sakshi</p>	<p>10:00-10:55am <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Srividya</p>	<p>10:00-11:15am <b>Yoga</b> MPR2-Payal</p>	<p>10:00-11:15am <b>Yoga</b> MPR2-Sandy</p>
<p><b>*SGT: Indicates a paid, small group training-see Welcome Center to register. Drop in-\$20 (14 &amp; older)</b></p>	<p>6:30pm-7:30pm <b>TRX SGT*</b></p>	<p>5:00-6:00pm <b>Yoga</b> MPR2-Alpna</p>		<p>5:00-5:55pm <b>Yoga</b> MPR2-Alpna</p>			
<p><b>Classes That Require Numbers:</b> Zumba/Bolly/Bhangra, Bolly-X (Limit is 30 per class if wall is not open)</p>	<p>6:00-6:55pm <b>Total Body</b> MPR2-Sandy</p> <p>7:00-8:15pm <b>Yoga</b> MPR2-Sandy</p>	<p>6:30-7:30pm <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Sakshi</p> <p>7:30-8:30pm <b>Pilates</b> MPR2- EJ</p>	<p>6:00-6:55pm <b>HIIT</b> MPR2-Eleanor</p> <p>7:00-7:55pm <b>Zumba Toning</b> MPR2-Hollis</p>	<p>6:00-6:55pm <b>Bolly X</b> MPR2-Aanchal</p> <p>7:00-7:55pm <b>Strong Nation</b> MPR2-Bhavana</p>	<p>6:00-7:00pm <b>Zumba, Bolly &amp; Bhangra</b> MPR2-Sakshi</p>		<p><b>Want to stay up-to-date with class cancelations and changes? Visit our Welcome Center to sign up for <a href="#">text alerts</a>.</b></p>

## COMMUNITY CAMPUS GROUP EXERCISE CLASS DESCRIPTIONS

**BOLLY-X:** The Bollywood Workout is a Bollywood-inspired, dance-fitness program that combines dynamic choreography and intense workouts.

**CORE & MORE:** Using stability balls for various exercises, this class will challenge balance and stability, as well as core strength while including a full range of movement with props.

**GROUP CYCLING:** Instructor-lead, non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. \*Limited bikes are available

**HIIT:** High Intensity Interval Training has bouts of maximum effort, followed by varied recovery exercises, sometimes w/weights.

**PILATES:** Pilates is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.

**POWER YOGA:** A more athletic-based yoga class with challenging movements.

**PRANAYAMA:** Focusing on controlling the breath as a means to elevate the prana shakti or life energies.

**STEP & ABS:** Using the Step as a conduit for a great cardio workout, you'll have fun while working the entire body. Class will also include abdominal exercises to strengthen the core.

**STRONG NATION:** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**TOTAL BODY:** Classes include cardiovascular, strength, and flexibility exercises to work the entire body and tone/sculpt.

**YOGA:** Yoga increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain

**ZUMBA:** Take the "work" out 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.

**ZUMBA/BOLLY/BHANGRA:** This class features an energetic fusion of Latin and Bollywood rhythms & is moderate to high intensity.

**ZUMBA TONING:** Perfect for those who want to the fun of a Zumba party, mixed with songs that focus on toning and sculpting muscles using light weights

**Minimum age to attend Group Exercise classes is 10 years old, unless otherwise marked.**

**\*SGT**-Indicates a Small Group Training Class that requires additional payment.

You may register on our website, with the Welcome Center or Drop In for \$20 per class. (14 and older)

**Squats, Slams, Ropes-** Using battle ropes and slam balls, this intense workout will utilize muscles in your glutes, back, abs and can be used to build legs with lunges, squats, slams and jumps.

**TRX Suspension Training** –a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously. Performed in a circuit-style for optimal fitness and fat burning.

**Women on Weights**-this class focuses on classic weight-training for proper use of dumbbells, barbells, kettle bells and more. You will work on improving body mechanics, bone-density, strength, and overall well-being. In studies examining the link between exercise and bone growth, it was found that weight-bearing exercise, such as strength training or weight lifting, may prevent osteoporosis and create stronger bones.