

## **GROUP FITNESS CLASS INFORMATION**

**Participants must pre-register for classes by visiting MAFC's website [www.monroeaquaticsandfitnesscenter.com](http://www.monroeaquaticsandfitnesscenter.com). Online registration opens at 7am for the classes on the following day. Registration will close 30 minutes prior to class entry time or when maximum capacity has been reached.**

**Group Fitness Classes will begin on Monday, September 28th. Please note times on schedule. Classes are shortened and offset in an effort to keep exposure down, while also attempting to meet the needs of the greatest number of members possible during the current situation.**

**Participation Requirements:**

- \*Please do not enter a class before permitted by instructor - please follow arrows to enter/exit.*
- \*Due to limited class sizes, please do not register for the same class type in one day.*
- \*No shows may be subject to penalty.*
- \*Participants are encouraged to use the restroom prior to entering class.*
- \*Participants must clean all equipment before and after use - please note times on schedule.*
- \*To practice social-distancing, participants will choose a square to stay in during class.*
- \*Participants must bring their own water bottles, towels and yoga mats.*
- \*Participants are encouraged to wear a face covering, unless it is a breathing/safety issue.*

### **ABS & GLUTES / COMPLETE CORE / UPPER BODY BLAST / LOWER BODY BLAST**

In these 25-minute classes, the instructor will take you through several different exercises that concentrate on toning a specific area of your body.  
*All are welcome to participate at their own level*

### **BARRE EXPRESS**

Improve your balance and strengthen your core! This class combines isometrics, ballet-inspired toning exercises. There is a possibility that strength-work with the Body Bars will be included.  
*All are welcome to participate at their own level*

### **BOOT CAMP EXPRESS**

*THIS CLASS WILL BE HELD IN THE GYMNASIUM ON MONDAYS, WEDNESDAYS & FRIDAYS.*

Challenge yourself and get the results you are looking for! Participate in plyometric and interval training in order to get the most out of your workout.  
*All are welcome to participate at their own level*

### **CARDIO EXPRESS**

Need some cardio? This class is for you! The instructor will lead participants through several types of cardiovascular exercises.  
*All are welcome to participate at their own level*

### **CIRCUIT EXPRESS**

Get the most out of this all-around class by participating in a format that will transition back-and-forth between cardiovascular and strengthening exercises.  
*All are welcome to participate at their own level*

### **CYCLE EXPRESS**

Join our MAFC instructor on our Stages Indoor Cycles for a class that starts with a warm-up, progresses to a challenging ride and ends with a stretch.  
*All levels - 29 Cycles - please see instructor if assistance is needed in setting up your cycle*

### **DANCE CARDIO EXPRESS**

*THIS CLASS WILL BE HELD IN THE GYMNASIUM ON MONDAYS & WEDNESDAYS (also Saturday mornings).*

Great for the mind and the body, this class utilizes a fusion of Latin, Pop, Hip Hop and International music to motivate and tone one's body. The routines combine fast and slow, easy and fun dance steps.  
*All are welcome to participate at their own level*

### **HIIT (HIGH-INTENSITY INTERVAL TRAINING) EXPRESS**

High-Intensity Interval Training (HIIT) is an effective cardiovascular training method. It includes bursts of high-intensity exercises combined with low-intensity recovery periods.  
*All are welcome to participate at their own level*

### **KICKBOX EXPRESS**

Participants will increase their coordination, balance and endurance by performing combinations of punches/kicks.  
*All are welcome to participate at their own level*

### **STRENGTH EXPRESS**

Whether it's with equipment or body-weight, you will build muscle strength and endurance while performing resistance training.  
*All are welcome to participate at their own level*

### **STRONG SENIORS & BRAVE BEGINNERS**

Need to exercise, but don't want the stress on musculoskeletal tissue and joints? The instructor will teach basic moves with different levels of intensity.  
*All are welcome to participate at their own level*