



The goal of our Group Exercise Program is to provide you with professional instruction and a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and body mind awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free.

CLASS DESCRIPTIONS

Core Training: It's all about the abs. This class is designated to target your abdominal region and back which is better known as your "core". Core training is the essence of all functional stability and better yet where you can obtain a great "six pack".

EZ Does It: A low impact, high energy workout for seniors. This workout will help develop and maintain agility, balance, and coordination for a healthy lifestyle.

Kickboxing: Take the ultimate stress reliever. Participants will learn how to jab, punch, uppercut, and hook along with 9 different kicks. This class will utilize gloves, forearm shields, and punching bags. Classes will target certain areas of specialty which are listed on the front page. (cardio, skills and drills, or, ultimate which is a combination)

Muscle Pump: A great well balanced head to toe workout. Designed for all levels, you will utilize hand weights, resist-a-balls, tubing, body-bars, and your own body weight. Get pump'd!

Pilates Mat: Fundamental exercises for the abs and back using the Pilates method.

Rebounding: This fun and exciting way of getting an awesome cardio workout, will take you back to your youth and take a load off your joints!!! Come bounce with us.

Silver Sneakers: A unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. Based upon "fitness, fun and friends," the fitness center-based program incorporates fun, social programming with an exercise program that enhances independent living skills. The target market of SilverSneakers is Medicare-eligible populations, primarily age 65 and older with activity levels ranging from active to semi-sedentary.

Step Interval: Step with strength intervals infused for the ultimate "step extreme". Who said step class was just for stepping?

Step To It: Fun, Fun, Fun! Creative step choreography at it's best A step class that builds from doable step patterns to having you explore your funky side. Come on, "step to it".

Studio Cycling...the idea is to simulate outdoor cycling. The class uses specialized stationary bikes and your own imagination. Each class follows a specific training regiment dependent on heart rate zones. All Schwinn bike are equipped with the "Look" style pedals.

U.S.C. Boot Camp: Ultimate Sports Conditioning. The class will bring you the latest in sports and athletic training with focus on core, power, speed, and agility. You will be pushed to your limits inside and out.

Water Arthritis (Warm Water): This class takes the body through normal range of motion exercises, while utilizing the warmth of the therapy pool.

Water Challenge (Water): An aqua aerobic workout that is high intensity, yet non-impact. Enjoy basic and easy to follow moves. At the same time, challenge yourself as you suspend in the water .

Yoga: Improve posture, strength, flexibility, and blood circulation. All the while, breathing deeply for a relaxing hour of complete wellness.

***Most all cardio classes are 45 minutes in length.

***All Core classes are 30 minutes in length.

CLASS ETIQUETTE

Our Class Etiquette guidelines are designed so all members experience a successful, safe, and enjoyable workout. Thank you for your cooperation.

1. Please be on time.
2. Classes are a group activity, we request that you follow the instructor's routine.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Keep conversation to a minimum.
5. Please do not enter the class before the current class is finished.
6. Appropriate exercise attire must be worn.
7. Reserving spaces is not permitted.
8. Gym bags are not permitted in the studio.
9. Water must be in an enclosed, unbreakable container. Food is not permitted.
10. In consideration of other members, no cell phones please. We request that pagers are kept on silent mode.
11. We recommend the use of a towel.
12. Members may not use the stereo equipment in the studio.
13. We request all equipment be returned to the proper storage area.

PARTICIPATION POLICY:

Class participation is monitored on a monthly basis and will be subject to change at any time if participation drops below an average of 10.

Classes require an attendance of 3 or more.



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