

November 2024 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or our Facebook page for most current updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HIIT Class – 8:30 AM Strengthen & Tone-9:30AM SS Classic – 11:00 AM	2 Zumba – 9:00 AM Spin – 9:00 AM
3 No Fitness Classes	4 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	5 Dance Party – 9:30 AM Stability – 11:00 AM No Barre -Election Day	6 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	7 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	8 HIIT Class – 8:30 AM Strength & Tone-9:30AM SS Classic – 11:00 AM	9 Zumba – 9:00 AM Spin – 9:00 AM
10 No Fitness Classes	11 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	12 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	13 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	14 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	15 HIIT Class – 8:30 AM Strength & Tone-9:30AM SS Classic – 11:00 AM	16 Zumba – 9:00 AM Spin – 9:00 AM
17 No Fitness Classes	18 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	19 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	20 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	21 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	22 HIIT Class – 8:30 AM Strength & Tone-9:30AM SS Classic – 11:00 AM	23 Zumba – 9:00 AM Spin – 9:00 AM
24 No Fitness Classes	25 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	26 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	27 No HIIT Class Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM No Zumba Toning No Spin Class	28 No Classes Today Happy Thanksgiving	29 No Classes Today	30 Zumba – 9:00 AM Spin – 9:00 AM

Barre Basics: (Lighter Weights, Balls and Bands – bring a mat)

This class focuses on strengthening and toning your body with isometric movements. Holding your body still while you contract specific muscles

Barre Pilates: (Lighter Weights, Balls and Bands – bring a mat)

This class focuses on strengthening and toning your body with isometric movements. Holding your body still while you contract specific muscles until you shake and feel the burn!

Dance with Vicki: (no chairs or any other equipment)

We will be sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

HIIT: High Intensity Interval Training: (heavy weights and sliders)

HIIT workouts will range from intervals to circuits, to AMRAPs (as many rounds as possible). This is a full, total body workout with a combination of cardio and strength exercises. This workout will rev your heart rate, increase your metabolism, burn calories, and build muscular strength.

Tabata: (heavy and light weights and sliders)

This new class is a higher intensity version of HIIT with shorter and more rigidly defined workouts. Be ready to build your cardiorespiratory endurance by cramming maximum muscle-burning into a minimal time frame.

Spin - Please call to reserve a spot: (Bikes are in Spin Room on second floor)

This Indoor cycling class involves pedaling on a stationary bike while using various levels of speed and resistance.

SS Classic, SS Stability & SS Cardio: (Includes chairs, bands, light weights, and balls)

Fun but challenging Senior Classes that emphasize improving strength, flexibility, and muscle toning.

Stretch & Strengthen: (Light weights, balls, resistance bands, and your own body weight – bring a mat)

Work all muscle groups with a variety of strength and conditioning exercises. This class tones the upper and lower body. Please bring a mat for floor work.

Yoga: (No equipment- bring a mat)

In this class, the basic, foundational yoga postures are practiced aligning, strengthen, and promotes flexibility in the body.

Zumba Toning: (Zumba sticks or smaller weights used)

It targets the abs, thighs, arms, and other muscles throughout the body. This type of Zumba class provides participants with a cardio workout and strength training

Zumba: (No equipment or mat required)

A 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.