



THREE RIVERS COLLEGE

FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50	Stretch & Renew Yoga*		Yoga*		Yoga*
9:00-9:50	Zumba*	Barre*		Zumba*	Line Dance*
10:00-10:50	Gentle Yoga+	Accessible Yoga*	Gentle Yoga+	Accessible Yoga*	
12:15-1:00	Tai Chi*	Stretch & Sculpt*	Tai Chi*	Barre*	
4:30-5:20	ReFit	ReFit Blast	ReFit	ReFit Blast	
5:30-6:20	Gentle Yoga*		Gentle Yoga*		
6:30-7:30		Taekwondo		Taekwondo	
7:30-9:00				Ninjutsu	

Mary	Tish	Kim	Judy	Sara	Jeremy	Marj
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*Included in the Fitness Package.

+Short-term class; included in the Fitness Package.

CLASS DESCRIPTIONS

STRETCH & RENEW—Low intensity stretching for joint and muscle flexibility. Poses will be performed both standing and on the floor.

ACCESSIBLE YOGA—Low intensity beginning yoga class that uses props as needed. Poses will be performed both standing and seated. No prior yoga experience necessary.

YOGA—Group fitness class that links movement and breath to attain balance, flexibility, and strength in both the mind and body. Poses will be performed both standing and on the floor. No prior yoga experience necessary.

BARRE—A full body, medium intensity exercise based on a combination of ballet, yoga, and Pilates that includes the use of body weight, Bender balls, dumbbells, and bands.

ZUMBA—A cardio workout involving choreographed dance routines to Latin, Pop, and Country music.

REFIT & REFIT BLAST—A cardio-based dance movement to the rhythms of value-positive music.

TAI CHI—An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

STRETCH & SCULPT—Group fitness class similar to a yoga class with additional movements.

POUND—Inspired by the sweat-dripping, infectious, and energizing fun of drumming, Pound is a full-body cardio jam session championed by fitness rebels around the world.

TAEKWONDO—A Korean martial art, characterized by its emphasis on head-high kicks, jumping and spinning kicks, and fast kicking techniques.

NINJITSU—The traditional Japanese art of stealth, camouflage, and sabotage, developed in feudal times for espionage and now practiced as a martial art.