



# Group Fitness Schedule

## May 2024



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45am		5:45 - 6:45am		5:45 - 6:45am		
<b>LES MILLS BODYPUMP</b> with Amy	6:00 - 6:45am <b>Spin</b> with Ronda	<b>LES MILLS BODYPUMP</b> with Amy	6:00 - 6:45am <b>Spin Core</b> with Ronda	<b>LES MILLS BODYPUMP</b> with Amy		
7:00 - 7:30am <b>Core 30</b> with Chris		7:00 - 7:30am <b>Core 30</b> with Ronda			7:15-8:00am <b>Spin</b> with Amy	
8:00 - 9:00am <b>Cardio Toning</b> with Chris	8:00 - 9:00am <b>Strength</b> with Sarah	8:00 - 9:00am <b>Cardio Toning</b> with Chris	8:00 - 9:00am <b>Strength</b> with Sarah	8:00 - 9:00am <b>Core Essentials</b> with Chris	8:15 - 9:15am <b>LES MILLS BODYPUMP Virtual</b>	
9:15 - 10:15am <b>Yoga</b> with Sarah	9:15 - 10:15am <b>Yoga</b> with Stacey	9:15 - 10:15am <b>Yoga</b> with Sarah	9:15 - 10:15am <b>Yoga</b> with Stacey	9:15 - 10:00am <b>Chair Yoga</b> with Sarah	9:30 - 10:30am <b>Yoga</b> with Raylene	
10:30am - 3:45pm <b>Open Gym On Demand</b>				11am-2pm <b>Open Gym On Demand</b>		12:00 - 3:45pm <b>Open Gym On Demand</b>
<p>Browse the iPad next to the TV to choose your favorite Les Mills class.</p>						
4:00 - 5:00pm <b>Strength + HIIT</b> with Reid	4:00 - 5:00pm <b>Simply Yoga</b> with Renee	4:00 - 5:00pm <b>Strength + HIIT</b> with Reid	4:00 - 5:00pm <b>Simply Yoga</b> with Renee	4:15-5:15pm <b>Yoga</b> with Sarah		
5:30 - 6:30pm <b>LES MILLS BODYPUMP</b> with Patrick	5:30 - 6:30pm <b>ZUMBA</b> with Ashley	5:30 - 6:30pm <b>LES MILLS BODYPUMP</b> with Patrick	5:30 - 6:30pm <b>ZUMBA</b> with Sheena	5:30 - 6:30pm <b>LES MILLS BODYPUMP</b> with Patrick		
6:45 - 7:45pm <b>Open Gym On-Site On Demand</b>		6:45 - 7:45pm <b>Yoga</b> with Raylene	6:45 - 7:45pm <b>Open Gym On-Site On Demand</b>			

**Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm**  
 270-762-1348 | [www.mcchwellness.com](http://www.mcchwellness.com) | 716 Poplar St. Murray, KY 42071

## Class Descriptions

**BODYPUMP** is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns calories, increases core strength, and improves bone health. *Instructors: Amy & Patrick*

**Cardio Toning** integrates aerobic fitness, strength training with dumbbells, and high intensity intervals (HIIT) to improve your cardiovascular fitness and endurance. *Instructor: Chris*

**Chair Yoga** is an accessible practice designed to help you enjoy the benefits of yoga with the support of a chair. You will learn a variety of breathing techniques and yoga postures to help you improve mobility, balance, coordination, flexibility, and strength. *Instructor: Sarah*

**Core 30** is a 30 minute workout to strengthen the core muscles, including the abs, glutes, and lower back. The main focus is to help you develop a strong and stable core, improve posture, and increase overall fitness. *Instructor: Ronda*

**Core Essentials** is a challenging and dynamic class that strengthens the core muscles, including the abs, hips, and lower back. The main focus is to help you develop a strong and stable core, improve posture, and increase overall fitness. *Instructor: Chris*

**Simply Yoga** is a gentle yoga class designed for beginners. You will learn basic yoga postures with an emphasis on breathing and proper alignment. *Instructor: Renee*

**Spin** is a fun and motivating 45-minute indoor cycling workout designed to build cardiovascular endurance and strength through interval training. *Instructor: Ronda, Amy*

**Spin Core** is an energizing fusion of cycling and core exercises. Enhance your cardiovascular health and build functional core strength. *Instructor: Ronda*

**Strength** is a challenging strength training class that incorporates barbell, dumbbell, and bodyweight exercises. Develop better balance, coordination, and power in this full-body workout. *Instructor: Sarah*

**Strength + HIIT** combines resistance training plus High Intensity Interval Training to build muscle and improve cardiovascular fitness. Train with barbell, dumbbells, steps, medicine balls, and more! *Instructor: Reid*

**Yoga** is designed to strengthen, stretch, and relax your entire body while calming your mind. With an emphasis on breath, you will learn traditional yoga postures, alignment, and modifications. All levels welcome. *Instructors: Raylene, Sarah, Stacey*

**ZUMBA** takes 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. *Instructors: Ashley & Sheena*



**BODYBALANCE** is a yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body, and life. **On Demand:** Browse the iPad next to the TV to choose from hundreds of Les Mills Virtual classes.

