Multi-Class Group Exercise Discounts: The More You Exercise the More You Save!

Take 2 classes and get a 10% discount!
Take 3 or more classes and get a 20% discount!

If you have any questions about these programs, please contact the Wellness Center at 410-704-4555.

To register online visit: https://form.jotform.com/iwb/groupxspring19

After registering, you will receive an email with directions and confirmation of your class reservation(s). We review all registrations and may contact you for further information if needed. If we decide that a particular class is not a good fit, we will contact you to discuss other options.

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<tr>
<th>2019 Class Schedule</th>
<th>Class Description</th>
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| **Beginner Strength Training**  
Instructors: Bob  
**Day:** Monday  
**Time:** 10:30am – 11:00am  
**Dates:** 1/28-3/11 (7 weeks)  
**Cost:** Wellness Center Members: $24.50  
Non-Members: $38.50  
30-minute class. Upper and lower body strength training using Thera bands and dumbbells. The class can be done seated or standing depending on the participants comfort level. |
| **Better Balance**  
Instructors: Bob  
**Day:** Wednesday  
**Time:** 9:00am-9:30am  
**Dates:** 1/23-3/13 (8 weeks)  
**Cost:** Wellness Center Members: $28.00  
Non-Members: $44.00  
30-minute class. Balance focused class that strengthens the feet, ankles, and legs; improves proprioception; strengthens core and helps maintain/restore neutral posture and alignment. |
| **Boot Camp**  
Instructors: Tiffany  
**Day:** Wednesday  
**Time:** 5:30pm-6:30pm  
**Dates:** 1/23-3/13 (8 weeks)  
**Cost:** Wellness Center Members: $40.00  
Non-Members: $60.00  
60-minute class. Boot camp is an advanced style of training that focuses on full body fitness including cardio, muscular endurance, and range of motion/flexibility and weight loss. This class is a great way to get fit, have fun and stay motivated with the help of your other teammates! You will leave with a high level of discipline for exercise and a healthier body! |
| **Floor, Core and More**  
Instructor: Christine  
**Days:** Tuesday  
**Time:** 5:15pm-6:00pm  
**Dates:** 1/22-3/12 (8 weeks)  
**Cost:** Wellness Center Members: $34.00  
Non-Members: $ 52.00  
45-minute class that utilizes key Yoga and Pilates concepts to address core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination, and more.....all with minimal equipment. |
| **30-Minute Body**  
Instructor: Tiffany  
**Days:** Monday  
**Time:** 12:15pm-12:45pm  
**Dates:** 1/28-3/11 (7 weeks)  
**Cost:** Wellness Center Members: $28.00  
Non-Members: $ 44.00  
30-minute class. Advanced level class that focuses on full body exercises that will help improve your muscular strength and cardiovascular endurance. |
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<td><strong>Total Body Circuit</strong>&lt;br&gt;Instructor: Christine&lt;br&gt;&lt;br&gt;<strong>Days: Tuesday</strong>&lt;br&gt;Time: 12:00-12:45pm&lt;br&gt;Dates: <strong>1/22-3/12 (8 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $34.00&lt;br&gt;Non-Members: $52.00&lt;br&gt;&lt;br&gt;<strong>Days: Thursday</strong>&lt;br&gt;Time: 12:00-12:45pm&lt;br&gt;Dates: <strong>1/24-3/14 (8 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members $34.00&lt;br&gt;Non-Members $52.00</td>
<td>45-minute circuit workout designed to improve mobility, strength and stamina. Circuits consist of 6 to 10 strength exercises that are completed one exercise after another for a set time before moving on to the next exercise. The total number of circuits performed during a training session may vary.</td>
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<td><strong>Gentle Stretching</strong>&lt;br&gt;Instructor: Walter&lt;br&gt;&lt;br&gt;<strong>Days: Friday</strong>&lt;br&gt;Time: 9:00am - 9:30am&lt;br&gt;Dates: <strong>1/25-3/15 (8 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $28.00&lt;br&gt;Non-Members: $44.00</td>
<td>30-minute class. Can’t bend very far? Guided stretching routines to improve range of motion/flexibility in large joints of the body such as hips, shoulders, and ankles. This class will help you relax, improve posture, and reduce muscular pain. Includes breathing techniques.</td>
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<td><strong>Hard Core</strong>&lt;br&gt;Instructor: Tiffany&lt;br&gt;&lt;br&gt;<strong>Days: Tuesday</strong>&lt;br&gt;Time: 6:00-6:30pm&lt;br&gt;Dates: <strong>1/22-3/12 (8 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $28.00&lt;br&gt;Non-Members: $44.00</td>
<td>Short on time? Then this class is perfect for your busy schedule! This 30-minute ‘hard core’ workout focuses on a combination of exercises that will not only hit the visible abdominal muscles but also the important deep inner core muscles in your torso, back, hips and pelvic floor to give you phenomenal stability.</td>
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<td><strong>Chair Yoga</strong>&lt;br&gt;Instructor: Kelly&lt;br&gt;&lt;br&gt;<strong>Days: Monday</strong>&lt;br&gt;Time: 4:30pm – 5:15pm&lt;br&gt;Dates: <strong>1/28-3/11 (7 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $29.75&lt;br&gt;Non-Members: $45.50</td>
<td>45-minute class. This practice will focus on all seated postures for improving range motion, strength, and balance. Breathing techniques and meditation will be introduced as tools for stress reduction.</td>
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<td><strong>Yoga</strong>&lt;br&gt;Instructor: Kelly&lt;br&gt;&lt;br&gt;<strong>Days: Monday</strong>&lt;br&gt;Time: 5:30pm – 6:30pm&lt;br&gt;Dates: <strong>1/28-3/11 (7 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $35.00&lt;br&gt;Non-Members: $52.50</td>
<td>60-minute class. Multi-level class offering students the opportunity to practice various Yoga postures to improve strength, increase flexibility, and build stamina. Students will practice in standing, seated, and reclined positions. Props will be utilized, as necessary, to advance students’ practice in a safe and supported manner. Breathing techniques and mindful meditation will be introduced as tools for stress reduction</td>
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<td><strong>Zumba</strong>&lt;br&gt;Instructor: Christine&lt;br&gt;&lt;br&gt;<strong>Days: Thursday</strong>&lt;br&gt;Time: 5:15-6:00pm&lt;br&gt;Dates: <strong>1/24-3/14 (8 weeks)</strong>&lt;br&gt;Cost: Wellness Center Members: $34.00&lt;br&gt;Non-Members: $52.00</td>
<td>45-minute class. Latin-inspired, easy-to-follow, calorie-burning dance-fitness using the latest red-hot international music and choreography.</td>
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