

GROUP FITNESS

Spring 2024

April 2 - May 10

fitness@msmary.edu 301.447.3810

Monthly Unlimited Fees:

Mount Student	Free
Mount Community	\$20.00
ARCC Member	\$30.00
Non-Member	\$40.00
Drop-in Fee	\$ 5.00

Monday	Tuesday	Wednesday	Thursday	Friday
	INDOOR CYCLE 6:30-7:30 am			INDOOR CYCLE 6:30-7:30 am
INDOOR CYCLE 9:00-10:00 am	STRENGTH & MOBILITY 9:00-10:00 am		TRX/CARDIO 9:00-10:00 am	
	INDOOR CYCLE 2:45-3:15 pm			
	ZUMBA 5:30-6:30 pm		INDOOR CYCLE 3:45-4:15 pm	
Kickboxing + 5:30-6:15 pm	INDOOR CYCLE 5:30-6:30 pm	INDOOR CYCLE 5:15-5:45 pm	POUND®-ROCKOUT WORKOUT 5:30- 6:15 pm	
	BARRE BURN 6:30- 7:30 pm	TONE & CORE 6:00-7:00 pm	YOGA 6:45-7:15 pm	

GROUP FITNESS CLASS DESCRIPTIONS

ZUMBA: A 60 minute 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. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

INDOOR CYCLE: Instructors will guide you through several workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and cool-downs. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. All you'll need is workout clothes, a towel (to wipe your face), a water bottle and lots of positive energy.

tone & core: Tone your upper body, lower body, and core with exercises using your own body weight, resistance tubing, mini bands, and/or barbells.

STRENGTH & MOBILITY: Increase your strength, flexibility, range of motion, stabilization, and posture with static and dynamic stretching. Mobility teaches (or re-teaches) the body to move the way it was meant to. This class is ideal for all bodies - either to compliment a workout routine & to help release the body from lack of movement (i.e. sitting at a desk all day). All levels.

TRX/CARDIO: Using TRX and a mix of cardio driven exercises get ready to improve your strength, mobility and stability with this challenging and fun, full body workout!

POUND® – ROCKOUT WORKOUT : The electrifying cardio jam session inspired by drumming! The workout combines cardio, Pilates, isometric movements and plyometrics with constant simulated drumming – all to loud, fun music.

BARRE BURN: A ballet-inspired class that combines elements of dance, Pilates, and strength training to tone and sculpt the body.

YOGA: Improve the way you look and feel with a relaxing 30 minute class that focuses on gentle poses. This class will strengthen your core, improve your posture, increase your balance and flexibility, strengthen and tone muscles, and relieve joint pain. All levels welcome.

KICKBOXING+: An action-packed workout that combines punches, kicks, and more to maximize your calorie burn while improving, muscle tone, core strength, and endurance. Count on great music, powerful moves, and an enthusiastic instructor.