



Sports Center of Morehead City Group Fitness

For social distancing purposes we are limiting class size to 12 participants.
This does NOT include water.
 Please sign in at the front desk before attending.
 Thank you!

Nov 23-28	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
5:30 am	cycle Rene'	Insanity Ginny	Insanity Rene'	SPECIAL CLASS OFFERINGS THIS WEEK ONLY: Wednesday: Insanity 5:30am barre 8:30am gentle stretch 11:00am	no class	
8:30 am	water Tabatha 20/20/20 cardio/strength/core Rene'	cycle Rene'	water Stephanie barre Rene'		water Barbara Zumba Yutty	9:00 am cycle Alana
9:45 am	SilverSneakers Classic Tabatha		SilverSneakers Circuit Rene'		Cardio Yoga Tabatha	
11:00 am			gentle stretch Rene'			
5:45 pm	Intervals Rene'	Zumba Yutty cycle Rene'				
7:00 pm						

CLASS DESCRIPTIONS

cycle: Energetic music in our low-light cycling studio is used to set the mood here! Our indoor cycling classes are fun and intense! Get a great low body workout concentrating on power, speed and endurance.

***Zumba**: A fusion of hypnotic Latin rhythms with easy-to-follow, calorie-burning, body-energizing, awe-inspiring movements to create a one-of-a-kind dance fitness class that will blow you away!

20/20/20: 20 minutes back to back of cardio, strength and core—get it all!

Insanity: Burn serious calories and fat while conditioning your entire body! This is a high-intensity interval workout using body weight and movement sequences to challenge power, strength, balance, agility, coordination and anaerobic endurance. Modifications are offered to accommodate people of all fitness levels.

Intervals: High-energy movements and strength building exercises performed alternately, interval style. All levels welcome!

barre: This class starts with vertical core/barre work to target hip/glute complex and enhance balance and posture, followed by *light weight/high rep* toning for the arms, upper back and shoulders, finishing with matwork using light, handheld weights and a small ball. Bare feet encouraged—shoes or sticky socks can be worn.

Cardio Yoga: Make no mistake, this is not simply yoga sped up. Based on scientific “Power Posturing”, rhythmic flow and an innovative teaching methodology, CARDIO YOGA (tm) is a sweat drenched, mind-altering journey that elevates the euphoric endorphin high of fitness into the next dimension. The class experience is an emotional voyage, guiding students to break through negativity and obstacles while reaching for their highest potential. Move beyond traditional fitness...into the next dimension.

***gentle stretch**: Take your body through a series of gentle stretches on the mat to improve joint range of motion, posture and balance. Special consideration is taken for those with limitations—this class is for everyone. Sticky mat, strap and block (all available) and no shoes recommended.

***SilverSneakers® Classic**: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

***SilverSneakers® Circuit**: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

***water**: Properties of rebound, speed, travel, surface and suspension are utilized for a well-balanced water workout. Props, such as noodles and/or handbells may be used for stability and added resistance. *Class held outdoors—indoors if inclement weather*

****Perfect for beginners and older participants***

Please let us know how we can better accommodate you and keep your workouts motivating & enjoyable!

You can do this simply by filling out a comment card located in the front lobby area.

I welcome your comments and suggestions and will gladly contact you personally!

Thank you!

Rene' O'Connor, Group Fitness Coordinator