



Group Exercise Schedule
Effective Date: September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes				
	Power Pump 6:30 – 7:30AM Marena (L- 2, 3)		Power Pump 6:30 – 7:30AM Marena (L- 2, 3)	
*Mindful Meditation 10:30-10:50AM Joy MacPherson (MO22)	*Pre Work Workout 7:35 – 8:05AM Marena (L- 1, 2)		*Pre Work Workout 7:35 – 8:05AM Marena (L- 1, 2)	
Mid-Day Classes				
*Stretch 11:00 – 11:30AM Marena (L- 1)				
Spinning 11:30- 12:20PM Marena (L- 1, 2, 3)	Iyengar Yoga 11:30 – 12:20PM Laurie (L- 2, 3)	Interval Training Group 11:30 – 12:15 PM Kyle Allen (L- 2, 3) Meet at the LDC	Iyengar Yoga 11:30 – 12:20PM Laurie (L- 2, 3)	
	Turbo Kick 12:30 – 1:20PM Tony (L- 2, 3)	Power Circuit 12:30 – 1:20PM Emily (L- 2, 3)	Turbo Kick 12:30 – 1:20PM Tony (L- 2, 3)	
Evening Classes				
Flow Yoga 5:30 – 6:30PM Tammy (L- 2, 3)	Spinning 4:30 – 5:30PM Gina (L- 1, 2, 3)	Core Training 4:00 – 4:45PM Gina (L- 2 ,3)		

***Participate in your work clothes. No exercise clothes needed!**

Instructors			
Emily Rada	Laurie Krause	Tammy Kolda	Marena Drlik
Tony Onadele	Gina Madison	Joy MacPherson	Kyle Allen
Classes			
Cardio Classes: Spin, Turbo Kick, Interval Running Group		Strength Classes: Power Pump, Power Circuit, Core Training, *Pre Work Workout	Relaxation & Flexibility Classes: Yoga, *Stretch, *Mindful Meditation
Class Descriptions			
Core Training: Level 2, 3	Improve your stability, strength and balance through training your core. A strong core not only makes you look better but will help with back pain. This class utilizes medicine balls, stability balls, and body weight to build up your core muscles.		
Flow Yoga: Level 2, 3	The class is called "flow" because the poses will be connected in a flowing sequence. Contact Tammy Kolda for any schedule changes. Tgkolda@sandia.gov		
Interval Training/Running Group: Level 1, 2, 3	Walker, joggers and runners are encouraged to participate! Interval training uses repeated bouts of faster pace, higher intensity followed by slower pace/lower intensity. Go at your own pace and fitness level! Meet at the LDC		
*Pre Work Workout : Level 1, 2	This is an entry level workout. Class will focus on strength training the major muscle groups- legs, chest, back, and core- all done in 30 minutes. Light dumbbells, barbells, and body weight will be used.		
Iyengar Yoga: Level 2, 3	This method of Yoga focuses on the structural alignment of the physical body through the development of asanas (posture). Asanas aims to unite the body and mind for health and well being.		
*Mindful Meditation: Level 1, 2, 3	This is a guided mindful meditation session. Mindful meditation focuses on breathing and being aware of breath, thoughts and body sensations in the present moment. Research has shown this helps reduce stress and increases focus. No experience necessary.		
Power Circuit: Level 2, 3	This circuit training class concentrates on full body sculpting while keeping your heart rate up. Exercises will include use of light weights, body weight, and plyometrics.		
Power Pump: Level 2, 3	Strength training class using adjustable barbells and dumbbells. Works to increase muscular strength and endurance.		
Spinning: Level 1, 2, 3	This class simulates uphill climbs, jumps, sprints, and flat terrain. (Limited bikes are available. Sign up the day of the class. Call 294-3500 to sign up)		
*Stretch: Level 1	This beginner's class is specifically focused on the individual with limited flexibility.		
Turbo Kick (TBK): Level 2, 3	TBK combines athletic moves, sports drills and hip hop flavor to deliver an ultimate kickboxing workout.		
Tennis: Level 1, 2, 3	Meet other Sandians that play tennis! Go to the Get Social Forum and start playing today! You can even reserve the courts for future matches. https://snl-wiki.sandia.gov/display/hub/Tennis		
Class Levels			
Level 1 (L- 1):	Beginning level. Those who are new to exercise.		
Level 2 (L- 2):	Intermediate level. Those who have been exercising regularly and need more challenge.		
Level 3 (L- 3):	Advanced level. Those who need to add more challenge & variety to their workout.		
*Classes:	Classes marked with an * encourage participants to come in their work attire. No exercise clothes needed!		