

# Franklin County Cooperative Group Fitness Class Schedule

Get moving in one of these weekly classes for all levels!

Schedule effective January 4<sup>th</sup> – April 2<sup>nd</sup>

Participants must be registered for each class series in order to participate. Please complete the following:

1. COMPLETE REQUIRED ONLINE WAIVER once per year [HERE](#).
2. Click on the link in the schedule below for the class you would like to register for. Note: Registering once registers you for the entire quarter. During the registration process, when prompted for Participant ID#, enter your birthdate as "mm/dd/yyyy" and for Work Location, enter your FCC Agency.
3. Once completed, you will receive a registration confirmation email with instructions and a link to join the class.
4. Follow the steps to join in the email. It will contain a link to join the class and also to add the class series to your calendar.

Register for the daily 10-minute break classes held Monday through Friday

11:00 a.m. – 11:10 a.m.	<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>
2:00 p.m. – 2:10 p.m.	<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>

Day	Register here	Time	Instructor
Monday	<a href="#">Yoga For Grounding</a>	12:15 p.m. - 1:00 p.m.	Jenny
	<a href="#">Kickboxing</a>	4:00 p.m. - 4:30 p.m.	Amanda
	<a href="#">Bootcamp</a>	5:00 p.m. - 5:30 p.m.	Nick
Tuesday	<a href="#">Zumba®</a>	7:00 a.m. - 7:45 a.m.	David
	<a href="#">Morning Refresh</a>	7:30 a.m. - 7:50 a.m.	Erin
	<a href="#">Bootcamp Band-it</a>	12:00 p.m. - 12:30 p.m.	Erin
	<a href="#">Yoga Flow</a>	12:45 p.m. - 1:30 p.m.	Amanda
	<a href="#">Step It Up!</a>	4:30 p.m. - 5:00 p.m.	Amanda
Wednesday	<a href="#">Mobility</a>	7:30 a.m. - 8:00 a.m.	Sarah
	<a href="#">Stability Ball Toning</a>	11:30 a.m. - 12:00 p.m.	Amanda
	<a href="#">Kickboxing</a>	12:15 p.m. - 12:45 p.m.	Kelly
	<a href="#">Dumbbell Strength</a>	4:15 p.m. - 5:00 p.m.	Amanda
	<a href="#">Zumba®</a>	5:15 p.m. - 6:00 p.m.	David
Thursday	<a href="#">Core &amp; More</a>	7:30 a.m. - 7:50 a.m.	Erin
	<a href="#">Power Barre</a>	12:00 p.m. - 12:30 p.m.	Erin
	<a href="#">HIIT</a>	12:30 p.m. - 1:00 p.m.	Tyler W.
	<a href="#">Bootcamp</a>	4:30 p.m. - 5:00 p.m.	Jack
	<a href="#">Relax &amp; Restore Yoga</a>	5:15 p.m. - 6:00 p.m.	Amanda
Friday	<a href="#">Barre Fight</a>	7:30 a.m. - 8:00 a.m.	Kelly
	<a href="#">Pilates</a>	12:00 p.m. - 12:30 p.m.	Amanda
Friday 2:00 p.m. Get Up & Move break will be a 10 minute Dance Party with Amanda!			

## Group Fitness Class Descriptions

**Get Up and Move:** Break up your day with 10 minute fitness breaks. Find stretching, light strength, mobility, cardio and even a Friday dance party waiting for you to join!

**Barre Fight:** Barre like a beauty, box like a beast! This fusion class combines muscle sculpting barre moves with cardio kickboxing segments. You'll leave shaking, sweating, and feeling the burn.

**Bootcamp:** Challenge yourself with strength and cardio drills designed to take you to your next level! This class leads you to push for improvement and get results!

**Bootcamp Band-it:** Looking for a high-intensity, head to toe workout that's low impact? This band and body weight class will deliver! Grab any band you have at home, a mat and let the BURN begin!

**Core & More:** This quick, 20 minute core-focused workout will tone, improve posture, blast calories and will make the perfect start to your day! A mat or soft surface will be used.

**Dumbbell Strength:** Grab your dumbbells and free weights for a full body strength workout!

**HIIT:** This total body, heart-pumping workout will burn calories, energize and get your sweat on! A mat or soft surface will be used. .

**Kickboxing:** Scorch calories and tone muscles with movements inspired by martial arts and boxing! Kickboxing is a fun way to challenge and improve both cardiovascular and muscular endurance.

**Mobility:** All you need for this class is your body and maybe a mat! Maximize your bodies natural mobility and range of motion through a series of full range of motion movements, poses, and dynamic and static stretches.

**Morning Refresh:** This 20 minute feel good class is targeted for those that desire knee/shoulder joint strengthening, back mobility, flexibility and a morning warm-up as we enter into the chillier months. A mat/soft surface will be used. Light weights optional.

**Pilates:** Strengthen your body with exercises designed to build postural endurance, core stability, and optimal flexibility! Use breath, concentration, control, centering, and flowing movement to achieve your postural and toning goals.

**Power Barre:** This total-body experience combines ballet inspired movement, weighted exercises and cardio moves to strengthen, lengthen and improve cardiovascular endurance. A mat and light dumbbells will be used.

**Relax & Restore Yoga:** Unwind and de-stress as you enjoy time and space to breathe, relax, and settle into gentle poses designed to reduce mental and physical tension while restoring wellbeing.

**Stability Ball Toning:** Use the stability ball to improve postural endurance, balance and stability. Mobilize and strengthen the abs, back and hips for better alignment, stress reduction, and improved daily functioning.

**Step It Up:** Taking it back to the old school! Get your heart and muscles pumping to tried and true traditional step aerobics! You'll burn calories, tone muscles and have a blast working combinations on and off the step! Modifications provided; all levels welcome!

**Yoga Flow:** Limber and lighten your body and spirit flowing traditional yoga poses with healing breath and energy.

**Yoga For Grounding:** Start your week off feeling like you are on solid ground with this practice that will incorporate poses which allow you to connect to yourself and the space around you. This class will include a gentle asana practice, breath work and guided meditation.

**Zumba®:** Exercise in disguise. Let loose and achieve your goals jamming to Latin and hip-hop based rhythms mixing various dance moves. A total workout combining cardio, strength, balance, flexibility and a serious dose of awesome.

\*Please note you assume any and all risk of injury or damages in connection with the session and session activities. Participating in these sessions is completely voluntary. Breaks and classes will be offered through April 2, 2021. You must be registered to participate in these classes. Please keep in mind the video and clarity is only as good as the internet connection.