

JANUARY GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPIN* 11:30am – 12:00pm Lay Park Kendra/Randi		SPIN* 11:30am – 12:00pm Lay Park Kendra/Randi	NO CLASSES JANUARY 22 WELLNESS FAIR AT THE CLASSIC CENTER 9AM – 3PM	STRENGTH 11:30am – 12:00pm Lay Park Kirsten
QUICKFIT 12:10 – 12:40pm Lay Park Sam	TONE & FIT 12:00pm – 12:30pm Lay Park Kirsten	QUICKFIT 12:10 – 12:40pm Lay Park Sam	TONE & FIT 12:00pm – 12:30pm Lay Park Kirsten	STRETCH 12:10pm – 12:40pm Lay Park Kirsten
NO CLASSES JANUARY 19 MLK DAY HOLIDAY	ZUMBA 12:40pm – 1:10pm Lay Park Qiana	NO SPIN OR QUICKFIT JANUARY 21	ZUMBA 12:40pm – 1:10pm Lay Park Qiana	
BOOT CAMP 5:30 – 6:15pm Fitness Center Qiana		BOOT CAMP 5:30 – 6:15pm Fitness Center Qiana		



*Registration is required for spin classes. Reserve a bike via email to wellnessteam@accgov.com

CLASS DESCRIPTIONS

BOOT CAMP

Each class is a new combination of resistance and cardiovascular exercises that will teach you how to use different types of fitness equipment.

QUICKFIT

A 30-minute workout for both cardiovascular and muscular health. Designed for all experience levels, this class allows you to work your full body at your own pace.

SPIN

Indoor cycling class that offers a challenging mix of speed and endurance drills set to energizing music.

STRENGTH

A resistance training class for the entire body. Use dumbbells, resistance bands, and body-weight exercises to build strength in all muscle groups.

STRETCH

A relaxing and invigorating class that will teach you active and passive stretching techniques to improve all-around flexibility.

TONE & FIT

A high energy full-body workout in just 30 minutes! Work to complete circuits of strength training and cardiovascular exercises.

ZUMBA

A Latin-inspired dance workout that mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.