

# JULY 2022



# GROUP FITNESS

MON	TUE	WED	THU	FRI
	<p>Tone &amp; Fit Cardio Dance Party July 5!</p>			<p><b>STRENGTH</b> (H) with Kirsten 11:30AM—12:00PM LAY PARK <a href="#">CLICK TO JOIN</a></p>
<p><b>SPIN</b> (★) with Kendra 12:00—12:30PM LAY PARK</p> <p>No classes July 4</p>	<p><b>TONE &amp; FIT</b> (H) with Kirsten 12:00—12:30PM LAY PARK <a href="#">CLICK TO JOIN</a></p> <p>No tone &amp; fit July 12</p>	<p><b>SPIN</b> (★) with Kendra (13) &amp; Randi (20, 27) 12:00—12:30PM LAY PARK</p> <p>No spin July 6</p>	<p><b>TONE &amp; FIT</b> (H) with Kirsten 12:00—12:30PM LAY PARK <a href="#">CLICK TO JOIN</a></p>	<p><b>STRETCH</b> (H) with Kirsten 12:10—12:40PM LAY PARK <a href="#">CLICK TO JOIN</a></p>
<p><b>TABATA</b> with Lauren 5:30—6:15PM FITNESS CENTER</p>	<p><b>BOOT CAMP</b> with Lauren 5:30—6:15PM FITNESS CENTER</p>	<p><b>TABATA</b> with Lauren 5:30—6:15PM FITNESS CENTER</p>	<p><b>BOOT CAMP</b> with Lauren 5:30—6:15PM FITNESS CENTER</p>	

**KEY:** (H) **Hybrid:** in-person & virtual option... click the link to join the workout from anywhere via Zoom

(★) **Registration required:** email [wellnessteam@accgov.com](mailto:wellnessteam@accgov.com) to reserve a bike for spin class

# CLASS DESCRIPTIONS:

CLASS	DESCRIPTION	INTENSITY	BENEFITS	INSTRUCTOR	LOCATION
<b>BOOT CAMP</b>	Each class is a new combination of resistance and cardiovascular exercises that will teach you how to use different types of fitness equipment.	Moderate to High	Improves cardiovascular fitness and muscular strength, helps maintain bone health	Lauren Ray	Fitness Center
<b>SPIN</b>	Indoor cycling class that offers a challenging mix of speed and endurance drills set to energizing music.	Moderate to High	Improves cardiovascular strength and endurance	Randi Baker Raquel Durden Kendra Houghton	Lay Park
<b>STRENGTH</b>	A resistance training class for the entire body. Use dumbbells, resistance bands, and body-weight exercises to build strength in all muscle groups.	Moderate to High	Increases muscular strength, helps maintain bone health	Kirsten Magee	Lay Park & Virtual
<b>STRETCH</b>	A relaxing and invigorating class that will teach you active and passive stretching techniques to improve all-around flexibility.	Low	Enhanced flexibility & posture, improved mental wellbeing	Kirsten Magee	Lay Park & Virtual
<b>TABATA</b>	High intensity interval training that utilizes timed intervals of work and rest for various cardio and strength exercises.	High	Improves cardiovascular, increases strength & endurance	Lauren Ray	Fitness Center
<b>TONE &amp; FIT</b>	A high energy full-body workout in just 30 minutes! Work to complete circuits of strength training and cardiovascular exercises.	Moderate to High	Cardiovascular fitness, coordination, muscular strength & endurance	Kirsten Magee	Lay Park & Virtual

