

GROUP FITNESS CLASSES

SPRING 2024 April 1- June 1

MONDAY

9:00a-9:45a
Elements of Barre
Rachel

11:30p-12:15p
Specialty Yoga*
Pat

12:20p-1:00p
R.I.P.P.E.D
Pat

12:00p-12:45p
Circuit Fun
Anna

5:30p-6:30p
Cycle
Amanda

TUESDAY

6:00a-6:45a
Drenched
Pat

9:00a-9:45a
Strictly Strength
Bonnie

12:20p - 1:00p
Drenched
Sue

5:30p-6:30p
TRX
Amanda

WEDNESDAY

8:00a-8:45a
Cycle
Jamie

9:00a-9:45a
TRX
Jamie

12:00p-12:45p
Circuit Fun
Casey

12:10p-12:50p
TRX
Sherry

5:30p-6:30p
Cycle
Stephanie

THURSDAY

6:00a-6:45a
R.I.P.P.E.D.
Pat

9:00a-9:45a
Total Body Tune Up
Bonnie

12:20p-1:00p
Specialty Yoga*
Pat

FRIDAY

9:00a-9:45a
Functionally Fit
Karen

12:00p-12:45p
**SHiNE DANCE
FITNESS/WERQ**
Natalie/Pat

12:10p-1:00p
Cycle
Jason

SATURDAY

8:30a-9:30a
Cycle
Rotation

EAST END

All class sizes are limited.

- Please contact the Midland Wellness Center Desk at (989) 638-7783 if you have any questions.
- Class schedules and/or instructors may change without notice depending on availability.
- For the most up-to-date class schedule and information, please visit our website at: GreaterCorporateWellness.org

12:15p-1:00p
Drenched
Jason

5:30p-6:30p
Step & Strength
Catherine

9:30a-10:30a
Step & Strength
Catherine

12:15p-1:00p
Functionally Fit
Jenni

12:15p-1:00p
Drenched
Jason

5:30p-6:15p
Core and More
Karen

SSC

All class sizes are limited.



GREATERMIDLAND
CORPORATE
WELLNESS

GROUP FITNESS CLASSES

MEDIUM INTENSITY

Barre Intensity: This isn't your average barre technique. Barre Intensity combines attributes of Pilates, dance, and functional fitness to present a powerful and intense barre program. 15 max

Functionally Fit: Increase strength, flexibility, balance, coordination, and mobility in this fast-paced, energetic workout. 23 max

Elements of Barre: Combines the principles of strength, flexibility of yoga, and safety of Pilates using small, isometric, concentrated movements which sculpt and tone leaving strong, long, lean muscles. 15 max

Strictly Strength: A multi-level class for those who want to develop muscular strength and endurance. Tackle resistance training exercises using traditional, strategic principles. Challenge every major muscle group. 23 max

Step and Strength: 45 min of step followed by strength conditioning. First Mon & Wed of each month offer new choreography with simpler moves. Choreography builds through the month to intermediate level. If you prefer more basic moves, the first class of each month is a great place to start. 23 max

Total Body Tune Up: Full-body conditioning designed to increase cardiovascular fitness with low-impact movements, enhance muscle definition, balance, and endurance. 23 max

TRX: Experience our revolutionary TRX Suspension Trainers. Body weight movements that develop strength, balance, flexibility, and core stability simultaneously. 20 max

Core and More: Energy bursts for your core and more. Guaranteed to walk away sore! Max 23

HIGH INTENSITY

Circuit Fun: This circuit training provides limitless opportunities to train smarter, better, and more effectively. It's a full-service training center that can be tailored to serve the needs of fitness enthusiasts of any level. 12 max

Cycle: Shed fat, improve heart health, and boost muscle endurance in this high intensity, low-impact class. Your ride, your choice, you have the control – boost the power or reduce the intensity – the challenge is in your hands. 20 max

New participants must arrive at least 10 minutes early to learn proper bike set up

Drenched: Get amazing results while getting drenched in this high energy, muscle toning, fat burning workout regardless of fitness level. Combine the perfect amount of calorie burning cardio with strength training . 23 max

HIGH Fitness: Bringing aerobics back in a hip and unique way. A revival that has transformed old school aerobics into a modern, heart-pounding, fun and effective workout using music as the driving force. 23 max

R.I.P.P.E.D.: Resistance, intervals, power, plyometric, endurance, and diet...total body "plateau proof" workout. 23 max

HIGH INTENSITY

SHiNE Dance Fitness: A mood-lifting experience combining cardio and toning for a well-rounded, whole-body HIIT workout for all abilities. Original routines and choreography rooted in jazz, ballet and hip-hop. 23 max

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. 23 max

SPECIALTY CLASSES*

**Vinyasa Yoga with Pat / 6-Week Session
Mondays 11:30AM-12:15PM ET at East End**

April 1 - May 6

May 13 - June 17

Thursdays 12:20-1:00PM ET at East End

April 4 - May 9

May 16 - June 20

Due to the economical cost of these classes the session will not be pro-rated and no make-up sessions will be offered. Register online at GreaterCorporateWellness.org/specialty-fitness or in-person. \$8 Drop-In passes subject to space availability and can be purchased at East End prior to the start of class.

HOURS

East End Wellness Center Hours:

Monday-Thursday: 5am-9pm

Friday: 5am-8pm

Saturday 7am-1pm

Sylvia Stoesser Wellness Center Hours:

Monday-Friday: 5am-7pm



Weather Policy: All morning Greater Midland Classes will be canceled if Midland Public Schools cancel school. Decision on afternoon classes will be made at 10:00am and evening classes at 2:00pm CLASS PASSES ARE NON-REFUNDABLE. Classes are subject to change or may be cancelled based on participation**