

Kent Athletic & Wellness Center Fitness Class Calendar

800 High St. Chestertown, MD 21620
ifithere@kentathletic.com
 410.778.3148

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00a-6:50a Power Hour Bob Fordi	7:00a-7:45a GRIT (Aikido Rm) Judie	6:00a-6:50a Power Hour Bob Fordi	7:00a-7:45a GRIT (Aikido Rm) Judie	6:00a-6:50a Power Hour Bob Fordi	8:15a-9:15a Cross Training Holly
	8:30a-9:30a Weights & Step Patti		8:30a-9:30a Weights & Step Patti		8:30a-9:30a Weights & Step Patti	
	9:35a-11:00a Body Sculpting Sarah	9:00a-10:30a Hatha YOGA (Beginner I) Wendy	9:35a-11:00a Body Sculpting Sarah	9:00a-10:30a Hatha YOGA (Beginner II) Wendy	9:35a-11:00a Core Yoga Jenny	**Every other Sat** Call for schedule 10:00-11:00 Pumped Up Cardio Gloria
	12:10p-12:50p Just Core! (Aikido Rm) Patti	12:10p-12:50p Just Core! Patti	12:10p-12:50p Pumped Up Cardio Gloria	12:10p-12:50p Boot Camp Patti	12:10p-12:50p Pumped Up Cardio Gloria	
	12:15p-12:45p Strength & Stretch Jill	12:15p-12:45p H.I.I.T. Bootcamp (Aikido Rm) Zack	12:15p-12:45p Strength & Stretch (Aikido Rm) Jill	12:15p-12:45p H.I.I.T. CORE Bootcamp (Aikido Rm) Jill	12:15p-12:45p Friday Challenge (Aikido Rm) Patti	
					2:30p-7:45p Ballet (Youth Program) (Rental)	
	5:30p-6:30p Weight & Cardio Interval Holly	4:00p-8:45p Ballet (Youth Program) (Rental)	5:30p-6:30p Cross Training Holly	4:00p-5:20p Ballet (Youth Program) (Rental)		Call for Special Event Classes!
	5:15p-6:00p H.I.I.T. Bootcamp (Aikido Rm) Zack		5:15p-6:00p H.I.I.T. Bootcamp (Aikido Rm) Zack	6:30p-7:35p Yoga-Style Sarah		V.02.19
		6:30p-7:30p Karate – (Rental) (Aikido Room)	6:30p-9:00p Irish Dance – (Rental) (Youth Program)	6:30p-7:30p Karate – (Rental) (Aikido Room)		
Fitness Class Cost: Members: \$45/12classes or \$6/class <u>\$40/unlimited month</u> Nonmembers: \$60/12classes or \$8/class			Yoga Class Cost:(1.5 hour only) Members: \$65/12classes or \$8/class Nonmembers: \$80/12classes or \$10/class			

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Class Descriptions

Cross training: A combination of basic step, high & low impact aerobics. Participants will improve both their cardiovascular condition and strength using hand weights and floor exercises for abdominals. **Instructor: Holly Pearce**

Weight & Cardio Interval: Simple cardio moves using basic step, high and low impact aerobics with weight intervals using hand weights. Ending with abdominal mat work and stretching. **Instructor: Holly Pearce**

Just Core! A 40-min. class designed to strengthen and slim the core through the combination of medicine balls, planks, body bars, and stability balls. It starts with a brief cardio warmup and ends with a cool down of stretching. **Instructor: Patti Webb**

Weights & Step: This class is designed to sculpt the entire body through a combination of cardio, step, dumbbells, stability ball, and body bars...and ends with cool down and stretching.
Instructor: Patti Webb

Boot Camp: Get in and get out on your lunch hour! A 40 min., high intensity class designed to sculpt the entire body. A combination of callisthenic exercises and weights are incorporated. **Instructor: Patti Webb**

Core Yoga: A yoga-styled class concentrating on strength and sculpting the core, abdominals, obliques and low back. Please bring your yoga mat and bare feet. **Instructor: Jenny Howard**

Hatha Yoga: This class develops strength and flexibility while integrating the body and mind. We make use of preparatory and classical poses while moving with the breath, ultimately working towards relaxation and a sense of well-being. The classes emphasize a mindful approach to the poses using the teachings of the Buddha as well as the classical teachings of yoga. **Tuesday's** class is Beginner I. **Thursday's** class is Beginner II...experience required. **Instructor: Wendy Morrison**

Body Sculpting: This class is designed to sculpt, slim, and improve muscular fitness. The class begins with a warm-up followed by toning and strengthening work with light weights and mats. Class will end with stretching and cool down. **Instructor: Sarah Smith-Putman**

Yoga-Style Class: A vinyasa-flow style. Students will increase core strength, balance, flexibility, and reduce stress. This class is a moving meditation pairing breath with yoga postures. Beginners and experienced yogis are welcome...only an open mind is required. **Instructor: Sarah Smith-Putman**

Strength & Stretch: A 30-minute session of core strengthening moves combined with Yoga- style stretching and holds. Beginners are welcome. This is a great lunch break class to destress and take a relaxing break for yourself. **Instructor: Jill Payne**

H.I.I.T. Boot Camp & Core: A fitness class that utilizes bodyweight movements for strength and cardio benefits. The class is designed as a High Intensity Interval Training (HIIT) routine. A wide variety of exercises are incorporated such as jumping jacks, variations of the squat and lunge, as well as core and upper-body exercises. Core class is held on Thursday and focuses on the entire core unit (back, glutes, obliques, abdominals). **Instructor: Erica Osterhout,**

Friday Challenge: Ready for 15 minutes of all-out effort to kick-off your weekend? This is an AMRAP (as many rounds as possible) type of workout that lets you go at your own pace and push your own limits. **Instructor: Erica Osterhout**

Power Hour: An intense combination of body weight, stability ball, dumbbell, and aerobic conditioning, coordinated to deliver maximum results. **Instructor: Bob Fordi**

Pumped Up Cardio: A fun, dance-style aerobic workout incorporating light weights and body weight exercises. A medium intensity group class that has evolved from a variety of dance workouts to keep it fun and appropriate for most fitness levels. **Instructor: Gloria Carter**

NEW! GRIT: Challenge yourself with this fast paced, calorie-blasting workout, using the tough and traditional Boot Camp style approach and interval training. **GRIT** is geared toward all fitness levels and modifications will be offered for the beginner to the advanced. **Instructor: Judie Berry Barroll**

**All classes are subject to instructor substitutions as needed.*