

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-7:00a Power Hour Judie		6:00a-7:00a Power Hour Judie		6:00a-7:00a Power Hour Judie	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	
	9:30a-10:30a Body Sculpting Jill	9:00a-10:30a Hatha YOGA (Beginner I) Wendy	9:30a-10:30a Body Sculpting Jill	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! 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 Slow Stretch (Aikido Rm) Judie	12:15p-12:45p HIIT Bootcamp (Aikido Rm) Erica	12:15p-12:45p Slow Stretch (Aikido Rm) Judie	12:15p-12:45p HIIT CORE Bootcamp (Aikido Rm) Erica	12:15p-12:45p Friday Challenge (Aikido Rm) Erica	
					2:30p-7:30p Ballet – (Rental) Becky	
	5:30p-6:30p Weight & Cardio Interval Holly	4:00p-8:45p Ballet – (Rental) Becky	5:30p-6:30p Cross Training Holly	4:00p-5:20p Ballet – (Rental) Becky		Call for Special Events and Schedule!
	5:15p-6:00p HIIT Bootcamp (Aikido Rm) Erica		5:15p-6:00p HIIT Bootcamp (Aikido Rm) Erica	6:30p-7:35p Yoga-Style Sarah		V.09.19
		6:00p-7:00p Karate – (Rental) (Aikido Room)	6:30p-7:30p Irish Dance – (Rental)	6:00p-7:00p Karate – (Rental) (Aikido Room)		

Fitness Class Cost:

Members:
 \$45/12classes or \$6/class
\$40/unlimited month
 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: Jill Payne**

Yoga-Style: 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**

Slow 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: Judie Barroll**

HIIT Boot Camp & Core: This is a High Intensity Interval Training (HIIT) class. 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. You'll use TRX suspension, stability balls, kettlebells, plyometric jump boxes and more! 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**

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**

Power Hour: A combination of body weight, stability ball, dumbbell, and aerobic conditioning, coordinated to deliver maximum results and day-long calorie burn. Kick off your morning right with a Power Hour! **Instructor: Judie Barroll**

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