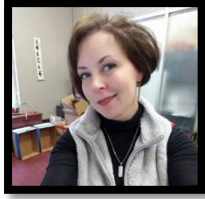


DISEPIO GROUP EXERCISE CLASSES



Jackie Mazeika

Urban Boot Camp: Urban Boot Camp is a High – Intensity Interval Training (HIIT) class that incorporates a variety of calisthenics, weight training, and basic hip hop moves to create routines that are motivating fun and challenging to a mix of hip hop music. This class will help improve your cardiovascular endurance, build strength, and prevent you from reaching a fitness plateau. Modifications are always offered open to all fitness levels.



Ryan Geiger

Indoor Cycling: Ryan will provide a fun-filled workout set to today's music with many different challenges. From hills to flats to sprints, increase your lower body strength and cardiovascular endurance in a fun non-impact setting. Make sure to arrive a few minutes early to get your bike situated (with help from the instructor, of course) so once class starts, you are ready to go! 30-Minute Ride with Ryan: Same class, just condensed to 30- minutes for those who want a fast, effective workout.



Allison Rohrs

Indoor Cycling + Strength with Allison: This 45 minute class combines the cardio work of a normal spinning class with strength super-sets, off the bike, using dumbbells and your own body weight for a total body workout.



Katie (Slater) Moyer

HIIT with Katie: High-Intensity Interval Training (HIIT) is a form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT incorporates a variety of moves in intervals and is an incredibly effective way to torch calories, burn fat, and build muscle.

Kettlebell with Katie: There are very few exercise tools as versatile as the kettlebell. No matter how you define fitness, kettlebells should have a place in your training and conditioning. As a certified Kettlebell Coach, Katie will teach you proper technique and help you to understand the goal of each movement to improve overall strength and muscular endurance. This program is not only fun, but also delivers incredible results in less time.

Abs with Katie: Everybody wants a 6-pack, right? But, working your abs isn't just about looks. This intense abdominal workout helps with overall core stability and strength, so you'll not only turn heads on the beach, but also improve your posture, balance, and create an overall solid base for your body.



Josh Grahmn

SilverSneakers Circuit (For ages 65 and above): Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching, and relaxation exercises.

**** ALL CLASSES FOR THOSE WITH FITNESS CENTER MEMBERSHIPS ARE FREE! ****