

Next Generation Wellness Summer Schedule | Beginning June 1,2021

MONDAYS

Barre—12PM-12:40PM (April)
TBT—1:15-1:55PM (Wai)
Core & Stretch—12:30PM- 1:10PM (Kim)
Zumba—5PM-5:45PM (Cassie)
Stretch Break Pre-Recorded (Marcia)

TUESDAYS

Weights & Cardio—(Pre-recorded) (Wai)
Yoga (Pre-Recorded) (Nichole)
Yogalates—12:15-1:00PM (Marcia)

WEDNESDAYS

Arms & Cardio (Pre-Recorded) (Salma)
Core Power—1:15PM-1:55PM (Wai)
Qigong (Pre-recorded) (Kim)
Zumba—5:00PM-5:40PM (Cassie)
Stretch Break 12:00PM-12:20 (Marcia)

THURSDAYS

Weights & Cardio—7:30AM-8:10AM (Wai)
3-2-1 Circuit (pre-recorded) (Salma)
Yogalates (pre-recorded) (Marcia)

FRIDAY

Core Circuit 12:30PM-1:10PM (Kim)
Hip Hop (Pre-recorded) (Cassie)

Pre recorded classes will be accessible via the wellness homepage.

<https://info.montgomerycollege.edu/offices/human-resources/wellness.html>

Class Descriptions

ARMS & CARDIO

Do you need to focus on upper body and cardiovascular strength? Arms & Cardio is the class for you! This dynamic class gives participants the workout they need by alternating cardio and upper body exercises focused on strengthening, toning and improving endurance.

BARRE

Graceful but intense, **Barre** uses a ballet aesthetic to combine the key elements you need for a fully toned and balanced body: **Strength**, **Flexibility** and **Balance**. With three degrees of intensity to accommodate all levels of ability and experience, you'll fall in love with the magic and the muscle of barre from your very first class.

BOOTCAMP

Boot camp consists of cardiovascular conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, medicine balls, Glides, kettle bells) and stretching.

CORE POWER

During the 45-minute workout, you will be instructed through correct technique as you work with resistance bands, weight plates, as well as body weight exercises like crunches, and gliders. You will also get into some hip, butt and lower back exercises.

CIRCUIT TRAINING

Short on Time? This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The workout can be performed at various levels utilizing different equipment. This is a fun and challenging way to sculpt the body and work your heart!

CORE & STRETCH

Core strength and flexibility are often neglected. Focus in these two areas can drastically improve the functional abilities of those who are consistent. Join us for core strengthening, stabilizing, and total body stretches to help you reach your lifestyle goals.

HIP HOP DANCE

Do you enjoy dancing? This is the class for you! Get a great workout following dance routines with high energy, and classic hip hop beats. NO DANCE EXPERIENCE NECESSARY

TBT

Total-Body-Conditioning is a complete, full body functional workout geared to keep you fit! This class will allow participants to improve overall physical fitness through strength training, cardio intervals and exercises that will increase flexibility.

QIGONG

Harmonize, strengthen, and have a healing effect on the functioning of all the internal organs and bodily systems. It increases the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and is believed to increase longevity, and it induces calm mental and emotional states.

YOGA

An ancient and systematic approach to good health and well-being that helps reduce stress, improve concentration and develop strength, flexibility and balance. This class will include instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Modifications to the poses will be provided so that practitioners at all levels may participate.

YOGALATES

Do you enjoy yoga or Pilates? Yogalates is the class for you! By fusing these two formats participants get an amazing total body workout encouraging strength, core, balance, and flexibility.

ZUMBA

Latin and world rhythms with easy-to-follow moves to create a dynamic fitness program that will tone and sculpt your body while you get a great cardiovascular workout (and *have fun*)! NO DANCE EXPERIENCE NECESSARY

