

Morning classes will be CANCELLED if Brownsburg schools are cancelled or Saturday mornings will be determined by CPCC facilities. Look to local media sources and their lists of cancellations to see if CPCC activities are cancelled or the building is closed.

Incident Weather Policy

Childcare is available for specified classes (see schedule). Cost is \$2 per child or \$5 max per family (for children ages 6 wks to 11 yrs). All children should have adult supervision at all times.

Childcare



Group Fitness Classes

Winter 2012 Schedule

ABOUT THE **Classes**

Fit & Flex is designed to focus on improving balance, flexibility and strength. Weights, bands, stability balls and body weight exercises are incorporated.

Pilates Fusion takes you to a whole new level working the core muscles – the deep abdominal muscles that support the spine. This class is a full body training that strengthens, tightens and tones the entire body using Pilates, weights and the stability ball. It integrates the lengthening and stretching principles of traditional Pilates while adding strength training for a total body workout. You will see increased core strength, posture, breath control, body awareness and flexibility.

Power Up: If you've ever had an issue with anything electrical and spoken to the help desk, the first thing they tell you to do is power off and power back on. Amazing how this typically fixes the issue. In this boot camp style class we will **POWER ON** our bodies to become stronger and healthier. Come prepared to sweat, breathe, work hard and push yourself just a tidge outside of your comfort zone...where growth happens.

Yoga is a class for all ages who want to improve strength, stamina, flexibility, balance and relaxation resulting in relief of stress and tension.

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be **FUN** and **EASY TO DO!** The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Zumba Toning: When it comes to body sculpting, Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

Zumba and Zumba Toning

\$2/person

*Not included in Gym & Fitness
Center Membership*

SESSION DATES

January 2 - May 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am	Fit & Flex (South gym)		Fit & Flex (South gym)		Fit & Flex (South gym)	Pilates Fusion (Gym loft)
9:15 am					Yoga* (Gym loft) STARTS FEB 17	
9:30 am				Power Up* (South gym)		
10 am	Pilates Fusion* (Gym loft)					
6:15 pm	Zumba (South gym)		Zumba Toning* (South gym)			
6:30 pm			Yoga* (Gym Loft)			

*** Childcare available—See back of brochure for details.**