

Franklin County Cooperative Group Fitness Class Schedule

Get moving in one of these weekly classes for all levels!

Schedule effective April 5th – July 2nd

Participants must be registered for each class in order to participate. Please complete the following steps:

1. COMPLETE REQUIRED ONLINE WAIVER once per year [HERE](#).
2. Click on class title to register. When registering: use your birthdate as “mm/dd/yyyy” for Participant ID#, and FCC Agency for Work Location
3. Once registered, you will receive a registration confirmation email with instructions and a link to join the class. Follow the steps in the email to join the class and/or add to your calendar. You only need to register once for each class you want to attend.

Register for the daily 10-minute break classes held Monday through Friday				
11:00 - 11:10 a.m. Get Up & Move		April	May	June
2:00 - 2:10 p.m. Get Up & Move		April	May	June
Day	Click on title to register:	Intensity	Time	Instructor
Monday	Built on Balance	👣	7:30 a.m. - 8:00 a.m.	Tyler W.
	Yoga For Easing In – New Time!	👣👣	12:00 p.m. - 12:45 p.m.	Jenny
	Kickboxing	👣👣	4:00 p.m. - 4:30 p.m.	Amanda
	Bootcamp	👣👣👣	5:00 p.m. - 5:30 p.m.	Nick
Tuesday	Zumba@	👣	7:00 a.m. - 7:45 a.m.	David
	Stretch & Refresh – New Class!	👣	7:30 a.m. - 7:50 a.m.	Nick
	Bootcamp Band-it	👣	12:00 p.m. - 12:30 p.m.	Erica
	Yoga Flow	👣👣	12:45 p.m. - 1:30 p.m.	Amanda
	Step It Up!	👣👣	4:30 p.m. - 5:00 p.m.	Amanda
Wednesday	Mobility	👣	7:30 a.m. - 8:00 a.m.	Sarah
	Stability Ball Toning	👣👣	11:30 a.m. - 12:00 p.m.	Amanda
	Kickboxing	👣👣	12:15 p.m. - 12:45 p.m.	Kelly
	Dumbbell Strength	👣👣	4:15 p.m. - 5:00 p.m.	Amanda
	Zumba@	👣	5:15 p.m. - 6:00 p.m.	David
Thursday	Core & More	👣	7:30 a.m. - 7:50 a.m.	Sarah
	Barre	👣	12:00 p.m. - 12:30 p.m.	Kelly
	Cardio Blast – New Class!	👣👣👣	12:30 p.m. - 1:00 p.m.	Tyler W.
	Bootcamp	👣👣	4:30 p.m. - 5:00 p.m.	Jack
	Relax & Restore Yoga	👣	5:15 p.m. - 6:00 p.m.	Amanda
Friday	Barre Fight	👣👣	7:30 a.m. - 8:00 a.m.	Kelly
	Intermediate Mat Pilates	👣👣	12:00 p.m. - 12:45 p.m.	Amanda
Friday 2:00 p.m. Get Up & Move break will be a 10 minute Dance Party with Amanda!				

Missed the live class? Check out our **ON-DEMAND** library of classes [HERE!](#) Password: Thrive

INTENSITY GUIDE:

👣 All levels welcome
 👣👣 Intermediate/Challenging
 👣👣👣 Strenuous/Advanced
 (ALL classes can accommodate ALL levels)



Group Fitness Class Descriptions

Barre: This total-body experience combines ballet inspired movement, weighted exercises and cardio moves to strengthen, lengthen and improve cardiovascular endurance. A mat and light dumbbells will be used.

Barre Fight: Barre like a beauty, box like a beast! This fusion class combines muscle sculpting barre moves with cardio kickboxing segments. You'll leave shaking, sweating, and feeling the burn.

Bootcamp: Challenge yourself with strength and cardio drills designed to take you to your next level! This class leads you to push for improvement and get results! This class is all body weight with the option of using dumbbells to increase the difficulty.

Bootcamp Band-It: Looking for a full body workout that's low impact? This band and body weight class will deliver! Grab any band you have at home, a mat and let the BURN begin!

Built on Balance: Increase your sense of balance and build your core strength. Incorporating balance training helps develop body awareness for seamless movement and better coordination, while improving joint strength to reduce your chance for injury.

Cardio Blast: This cardio class will be sure to get the sweat going and the heart pumping. Fill your lunchtime with a workout to energize for the rest of the day!

Core 'n' More: This quick, core-focused workout will tone, improve posture and make the perfect start to your day! A mat or soft surface will be used.

Dumbbell Strength: Grab your dumbbells and free weights for a full body strength workout!

Get Up and Move: Break up your day with 10 minute fitness breaks. Find stretching, light strength, mobility, cardio and even a Friday dance party waiting for you to join!

Intermediate Mat Pilates: Strengthen your body with exercises designed to build postural endurance, core stability, and optimal flexibility! Use breath, concentration, control, centering, and flowing movement to achieve your postural and toning goals. Prior Pilates experience recommended.

Kickboxing: Scorch calories and tone muscles with movements inspired by martial arts and boxing! Kickboxing is a fun way to challenge and improve both cardiovascular and muscular endurance.

Mobility: All you need for this class is your body and maybe a mat! Maximize your bodies natural mobility and range of motion through a series of full range of motion movements, poses, and dynamic and static stretches.

Relax & Restore Yoga: Unwind and de-stress as you enjoy time and space to breathe, relax, and settle into gentle poses designed to reduce mental and physical tension while restoring wellbeing.

Stability Ball Toning: Use the stability ball to improve postural endurance, balance and stability. Mobilize and strengthen the abs, back and hips for better alignment, stress reduction, and improved daily functioning. Stability ball needed.

Step It Up: Taking it back to the old school! Get your heart and muscles pumping to tried and true traditional step aerobics! You'll burn calories, tone muscles and have a blast working combinations on and off the step! Can be performed without a step.

Stretch & Refresh: Stretch your body with a series of range of motion enhancing movements designed to make you feel limber, mobile, and refreshed. A mat/soft surface is all that will be used.

Yoga Flow: Limber and lighten your body and spirit as you flow through traditional yoga poses with healing breath and energy. Sequences will provide opportunity to build strength, stamina, balance and flexibility.

Yoga For Easing In: Start your week off feeling like you are on solid ground with this practice that will incorporate poses which allow you to connect to yourself and the space around you. This class will include a gentle asana practice, breath work and guided meditation.

Zumba®: Exercise in disguise. Let loose and achieve your goals jamming to Latin and hip-hop based rhythms mixing various dance moves. A total workout combining cardio, strength, balance, flexibility and a serious dose of awesome.

*Please note you assume any and all risk of injury or damages in connection with the session and session activities. Participating in these sessions is completely voluntary. Breaks and classes will be offered through July 2, 2021. There will not be any classes on Monday, May 31, 2021 due to the holiday. Please keep in mind the video and clarity is only as good as the internet connection. All class times above are EST.

Franklin County Cooperative Group Fitness Class Schedule

Get moving in one of these weekly classes for all levels!

Schedule effective April 5th – July 2nd