

# Franklin County Cooperative Virtual Group Fitness Schedule

Schedule effective April 4<sup>th</sup> – July 1<sup>st</sup>

Register once for the classes you want to attend each quarter and complete the required [ANNUAL VIRTUAL WAIVER](#) before participating.

## HOW TO REGISTER

Click on class title and fill in the following fields:

Participant ID#: Enter your **DOB (MMDDYYYY)**

Work Location: Enter the **Agency name you work at**

Employer: Enter **FCC**

Use your confirmation email to join the class and add to your calendar.

### INTENSITY GUIDE:

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

### Register for the Get Up & Move breaks every Monday – Friday

11:00 – 11:10 a.m. Get Up & Move	<a href="#">April</a>	<a href="#">May</a>	<a href="#">June</a>
2:00 – 2:10 p.m. Get Up & Move	<a href="#">April</a>	<a href="#">May</a>	<a href="#">June</a>

Day	Click to register:	Intensity	Time (EST)	Instructor
Monday	<a href="#">Dumbbell Strength Express</a>	☞☞	6:30 a.m. - 7:00 a.m.	Erin
	<a href="#">Built on Balance</a> – New Day!	☞☞	7:30 a.m. - 8:00 a.m.	Tyler
	<a href="#">Yoga for Easing In</a>	☞☞ ☞☞	12:00 p.m. - 12:45 p.m.	Jenny
	<a href="#">Kickboxing</a>	☞☞ ☞☞	4:00 p.m. - 4:45 p.m.	Amanda
	<a href="#">Bootcamp</a>	☞☞ ☞☞ ☞☞	5:00 p.m. - 5:30 p.m.	Jack
Tuesday	<a href="#">Zumba®</a>	☞☞	7:00 a.m. - 7:45 a.m.	David
	<a href="#">Strength &amp; Core</a> – New Time!	☞☞ ☞☞	7:30 a.m. - 8:00 a.m.	Megan
	<a href="#">Circuit Training 2.0</a>	☞☞ ☞☞	11:30 a.m. - 12:00 p.m.	Megan
	<a href="#">Yogalates</a>	☞☞ ☞☞	12:30 p.m. - 1:00 p.m.	Amanda
	<a href="#">Cardio Blast</a> – New Class!	☞☞ ☞☞ ☞☞	4:30 p.m. - 5:15 p.m.	Cambry
Wednesday	<a href="#">Gentle Yoga</a> – New Name!	☞☞	7:00 a.m. - 7:30 a.m.	Jenn G.
	<a href="#">Stretch &amp; Refresh</a> - New Day!	☞☞	9:30 a.m. - 9:50 a.m.	Nick
	<a href="#">Step It Up</a> – New Day!	☞☞ ☞☞	11:30 a.m. - 12:00 p.m.	Amanda
	<a href="#">Barre</a>	☞☞ ☞☞	12:15 p.m. - 12:45 p.m.	Kelly
	<a href="#">Dumbbell Strength</a>	☞☞ ☞☞	4:15 p.m. - 5:00 p.m.	Erica C.
	<a href="#">Zumba®</a>	☞☞	5:15 p.m. - 6:00 p.m.	David
Thursday	<a href="#">Cardio &amp; Core</a> – New Day!	☞☞ ☞☞	7:00 a.m. - 7:30 a.m.	Erica K.
	<a href="#">Mobility</a>	☞☞	7:30 a.m. - 8:00 a.m.	Megan
	<a href="#">Pilates on the Ball</a>	☞☞ ☞☞	12:00 p.m. - 12:45 p.m.	Amanda
	<a href="#">Circuit Training 2.0</a>	☞☞ ☞☞	12:30 p.m. - 1:00 p.m.	Braxton/Erin
	<a href="#">Flow &amp; Let Go</a>	☞☞	5:15 p.m. - 6:00 p.m.	Amanda
Friday	<a href="#">Barre Fight</a>	☞☞ ☞☞	7:30 a.m. - 8:00 a.m.	Kelly
	<a href="#">Dumbbell Strength Express</a>	☞☞ ☞☞	12:00 p.m. - 12:30 p.m.	Tyler/Nick



Can't make it to a live class? Try our **recorded classes** in the [Group Fitness Library!](#) Participate ANYTIME that fits your schedule by using the password, *Health*.

\*Please note the recorded classes do not count toward earning your incentive.

## Registration Instructions and Group Fitness Descriptions

1. Click on class title to register. Use your DOB (MMDDYYYY) for Participant ID#, FCC for Employer and the Agency name in which you work for Work Location.
2. Once registered, you will receive a 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.
3. You must enter in the correct information (first name, last name, etc.) in order to earn your incentive.

**Barre:** This ballet-inspired workout will lengthen, strengthen and tone the entire body. A mat or soft surface and small weights (under 5 lbs.) 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. A mat, chair and light dumbbells may be used.

**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.

**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 & Core:** Wake up with an energizing cardio workout sure to get the heart rate and energy flowing! Start the session with a focus on cardio and end with a focus on core. A mat or soft surface will be used.

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

**Circuit Training 2.0:** This class combines resistance, cardiovascular and plyometric training exercises for an intense workout. You'll have the option to push yourself to your limits and improve your peak performance. Modifications will be given as needed to reduce impact. Be prepared to sweat, work hard, and have fun!

**Dumbbell Strength/Express:** Grab your dumbbells for a quick and effective full body strength workout!

**Flow & Let Go:** 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 well-being.

**Gentle Yoga:** Join this gentle yoga-based class where you will learn to befriend and feel better in your body. You will be guided through gentle movements done both seated and standing, with the option to move to the floor and experience breath practices that can support your well-being. A yoga mat or soft surface and sturdy chair with no wheels will be used.

**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!

**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 body's natural mobility and range of motion through a series of full range of motion movements, poses, and dynamic and static stretches.

**Pilates on the Ball:** Use the stability ball to enhance your Pilates practice improving core endurance, strength, balance, and flexibility. Work the core including abs, back, and hips for better alignment, stress reduction, an improved daily functioning. A stability ball that meets recommendations for your height is needed; prior Pilates practice recommended.

**Step & Strength:** Get your heart and muscles pumping to traditional step aerobics mixed with bouts of strength training using light dumbbells! You'll burn calories, tone muscles and have a blast! 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.

**Yogalates:** Yoga and Pilates come together to balance and strengthen the mind and body! Enjoy the dynamic and callisthenic nature of Pilates toning exercises alongside stabilizing and lengthening yoga poses to rebalance your posture and movement! A yoga or Pilates mat is recommended.

**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 Friday, July 1st. Please keep in mind the video and clarity is only as good as the internet connection. All class times above are EST.