

Franklin County Cooperative Virtual Group Fitness Schedule

Schedule effective January 3rd – April 1st

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

1. **COMPLETE REQUIRED ONLINE WAIVER** once per year [HERE](#).
2. Click on class title to register. Use DOB (MMDDYYYY) for Participant ID#, FCC for Employer & Agency for Work Location.
3. 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.



Have you tried our **recorded classes**? Participate ANYTIME that fits your schedule via the **On-Demand Group Fitness Library** by using the password, *Achievement*. You will find even more classes varying in type, length, and intensity that are right for you! *Please note the on-demand recorded classes do NOT count toward your incentive earning.

Register for the 10-minute break classes held Monday – Friday

11:00 – 11:10 a.m. Get Up & Move	January	February	March
2:00 – 2:10 p.m. Get Up & Move	January	February	March

Day	Click to register:	Intensity	Time (EST)	Instructor
Monday	DB Strength Express – New class!	👣👣	6:30 a.m. - 7:00 a.m.	Bryant
	Cardio & Core	👣👣👣	7:15 a.m. - 7:45 a.m.	Erica K.
	Yoga for Easing In	👣👣	12:00 p.m. - 12:45 p.m.	Jenny
	Kickboxing	👣👣	4:00 p.m. - 4:45 p.m.	Amanda
	Bootcamp	👣👣👣	5:00 p.m. - 5:30 p.m.	Jack
Tuesday	Strength & Core - New class!	👣👣	6:00 a.m. – 6:30 a.m.	Cambry
	Zumba®	👣	7:00 a.m. - 7:45 a.m.	David
	Stretch & Refresh	👣	7:30 a.m. - 7:50 a.m.	Nick
	Circuit Training 2.0	👣👣	11:30 a.m. - 12:00 p.m.	Bryant
	Yogalates	👣👣	12:30 p.m. - 1:00 p.m.	Amanda
	Step & Strength	👣👣👣	4:30 p.m. - 5:15 p.m.	Amanda
Wednesday	Move & Breathe	👣	7:00 a.m. - 7:30 a.m.	Jenn G.
	Built On Balance	👣	7:30 a.m. – 8:00 a.m.	Tyler
	Barre – New format!	👣👣	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	Mobility	👣	7:30 a.m. - 8:00 a.m.	Vicki
	Pilates on the Ball – New format!	👣👣	12:00 p.m. - 12:45 p.m.	Amanda
	Circuit Training 2.0 – New format!	👣👣	12:30 p.m. - 1:00 p.m.	Braxton/Erin
	Flow & Let Go	👣	5:15 p.m. - 6:00 p.m.	Amanda
Friday	Barre Fight	👣👣	7:30 a.m. - 8:00 a.m.	Kelly
	DB Strength Express – New day!	👣👣	12:00 p.m. - 12:30 p.m.	Charlie

Friday 2:00 p.m. Get Up & Move break will be a 10 - minute Dance Party!

INTENSITY GUIDE:

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



Group Fitness Class Descriptions

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.

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 wellbeing.

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.

Move & Breathe: 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.

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