

# Oostburg & Cedar Grove-Belgium Fitness Class Schedule

## **Body Pump by Les Mills**

A 60 minute balanced cardio/weight lifting workout using a weight lifting bar and plates.

Where: Oostburg Elementary Door #2

When: Mon and Wed at 5:30PM

Wed and Fri at 5:30AM

## **Indoor Cycling**

A 45 minute lower body workout using indoor cycles.

Where: Cedar Grove's Fitness Center – Door P

When: Mon, Wed and Fri at 5:20AM

Where: Oostburg Fitness Center Door #4 (Classes start Oct 1st)

When: Mon and Wed at 4:00 PM

Registrations for the classes are encouraged to reserve your bikes as space is limited. (Forms in the Fitness Centers)

## **Yoga (Stretch and Strength)**

A 45 minute flexibility and strength class

Where: Cedar Grove High School Library – Door A

When: Mon at 7:30PM and Wed at 5:10PM

## **Lap Swim in the Pool**

Open lap time in the Cedar Grove-Belgium Middle School Pool. Pool is open until 6:45AM for open lap swim.

Where: Cedar Grove Middle School Door #3

When: Mon, Wed and Friday at 5:30AM

## **Yoga Sculpt**

A 45 minute class with yoga postures mixed with high intensity cardio and weights throughout. A full body workout!

Where: Oostburg Elementary School - Front Entry

When: 3:45PM (class begins October 4<sup>th</sup>)

## **Zumba – Aqua and Floor**

A 60 minute cardio workout using dance and great music to get your workout in. Cedar Grove's class is in the pool and Oostburg's class is floor.

Where: Cedar Grove Middle School Door #3

When: Tues and Thurs at 6:00PM

Where: Oostburg Elementary School Door #2

When: Tuesdays at 6:00PM

## **BOSU – ½ ball workout**

A 30 minute strength and core workout class.

Where: Cedar Grove Fitness Center Door P

When: Wed at 4:30PM

## **Senior & Boomers Exercise**

A 45 minute cardio and weight class using the gym and Fitness Center equipment under the direction of a Certified Personal Trainer.

Where: Oostburg Fitness Center-Door #4

When: Thursdays at 10:35AM (classes start Oct 4<sup>th</sup>)

## **Senior Pool Exercise**

A 45 minute class with all pool exercises for our senior citizens.

Where: Cedar Grove Middle School Door #3

When: Mon, Wed and Friday at 6:45AM