



Jump Rope

# GROUP FITNESS CLASSES

**MONDAY MUSCLES: 7:00 – 8:00am**

(Upper body w/weights)

Upper body focus, with light to moderate dumbbells and a lightweight kettlebell with weighted jump ropes. Focuses around biceps, triceps & upper back muscle strengthening combined with weighted rope cardio.

**TUESDAY TRICKS & TABATA: 7:00 – 8:00am**

(HIIT Cardio Focus)

High intensity cardio interval structured workout with bodyweight only and lightweight to no weighted jump ropes. Learn some fun showy moves to enhance the excitement of a tough cardio day.

**THUNDER THIGH THURSDAY: 7:00 – 8:00am**

(Legs & Weights)

Moderate to heavy dumbbells with weighted jump ropes. Focus around burning your quads, hamstrings, glutes, inner/outer thighs and calves, combined with lower back strengthening from weighted ropes.

Signup online or at front desk

**Instructor:** Natalie Doehla

**Where:** Program Room/Yoga Studio

**Start Date:** May 1, 2023



THE  
SWIMMING  
HOLE