


MRC ONSITE/VIRTUAL FITNESS CLASSES

	MON	TUES	WED	THURS	FRI
7-7:45am		Spinning onsite		Spinning onsite	
11-11:45am		Yoga onsite / virtual		Yoga onsite / virtual	Pilates onsite
12-12:45pm	CKO Kickboxing onsite	Blast Cardio Bootcamp onsite	CKO Kickboxing onsite	Blast Cardio Bootcamp onsite	CKO Kickboxing onsite
1-1:45pm	Strong Nation onsite / virtual	Zumba Fitness onsite / virtual	Bootcamp onsite / virtual	Zumba Toning onsite / virtual	Hip-Hop Happy Hour onsite / virtual
2-2:45pm	Pilates onsite		Pilates onsite		
4-4:45pm			CKO Kickboxing onsite		CKO Kickboxing onsite
5:15-6pm	Yoga onsite / virtual	Spinning onsite	Yoga onsite / virtual	Spinning onsite	

IF YOU HAVE ISSUES ACCESSING ONSITE/VIRTUAL CLASSES, PLEASE CONTACT FITNESS PROVIDERS BELOW:

- Multi-Discipline (5) • Andrea • (305) 335-7115 • ninearts@gmail.com
- Pilates (3) • Christine • (786) 493-8608 • chrishoogen@me.com
- Yoga (4) • Christi • (786) 271-6074 • christiaceres@yahoo.com
- Spinning (4) • Liz • (305) 951-4431 • iforeverintraining@gmail.com
- CKO Kickboxing (5) • Rodney Jean-Simon • (305) 985-8020 • rodney@ckoedgewater.com
- Blast Cardio (2) • Liz • (305) 951-4431 • iforeverintraining@gmail.com

TO ACCESS FULL SCHEDULE, PLEASE SCAN:



MULTI-DISCIPLINE

Traditional: Highly choreographed movements set to upbeat salsa and international music. Fun, high-energy workout experience that keeps you excited to exercise and return for more.

Strong Nation: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. This is a high intensity interval training class.

Toning: combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

Hip-Hop: Hip Hop Happy Hour is a fun infused dance fitness class focused on cardio to the beat of Hip Hop music with a twist of Afrobeats, house & more. This is your feel-good party time!
High intensity

PILATES

Performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core.
Low intensity

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.
Low intensity

SPINNING

form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary bicycle with a weighted flywheel in a classroom setting.
High intensity

BLAST CARDIO

Cardio Blast does not use weights or equipment; all the exercises are based strictly on cardio. Participants do jumps, spot jumps, burpees, and several other calisthenics.
High intensity

CKO KICKBOXING

Fat Burner, reduce stress and tone up by punching and kicking real heavy bags.
High intensity

