



**Fitness Class Registration**

To register for fitness classes, please sign up at CSCC or online at the link below (southstpaul.org.)

**Online Class Registration**

**Virtual Class:** Instructions for virtual classes will be provided on your registration receipt. You will need to register for a free account with the online meeting site called ZOOM, on the website at: [ZOOM](https://zoom.us) (zoom.us) or by downloading the app (Zoom Cloud Meetings) in your app store.

**In-House Classes:** Restrictions are in place for in-house classes, including limited registration, spacing guidelines & equipment sanitization. Face coverings are required at all times, including classes.

<i>Classes are subject to change</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>VIRTUAL</b>							
<b>Strength Cardio</b>	9 AM Dana	8:30 AM Terie		8:30 AM Terie			8 AM Terie
<b>Yoga</b>			8:30 AM Terie		8:30 AM Terie		9 AM Terie
<b>Senior Yoga</b>		9:30 AM Terie		9:30 AM Terie			
<b>Sr. Strength Cardio</b>			9:30 AM Terie		9:30 AM Terie		
<b>R.I.P.P.E.D.</b>					5:30 PM Rita		
<b>Core</b>					6:30 PM Dana		
<b>Strength Cardio</b>			6 PM Jina	6 PM Rita		5:30 PM Jina/Rita	
<b>Yoga</b>				5 PM Terie			
<b>Yoga/Pilates</b>		6 PM Jina/Rita					
<b>Cardio Kickboxing</b>	3 PM Jina						
<b>IN-HOUSE</b>							
<b>Aqua Interval</b>				6:15 PM Kim			8:15 AM Kim
<b>Total Body</b>		4:30 PM Terie	5:15 AM Kim		5:15 AM Kim		
<b>Kettlebell - TRX® Fusion</b>				6:30 PM Jina			
<b>Senior Strength</b>			9:30 AM Kim	10:30 AM Terie	9:30 AM Kim	9:30 AM Kim	
<b>Senior Aqua Interval</b>			10:30 AM Kim		10:30 AM Kim	10:30 AM Kim	

- Strength Cardio** - Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.
- Yoga** - Gain strength, stamina and balance with this mind soothing yoga class. Move through poses designed to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress.
- R.I.P.P.E.D.** - Designed to incorporate all the fundamentals of fitness. Resistance, Interval, Power, Plyometrics, Endurance and Diet.
- Core** - A strong body starts from the core. Burn calories and strengthen your core with this mix of muscle toning and stretching movements.
- Yoga** - Gain strength, stamina and balance with this athletic style of yoga.
- Cardio Kickboxing** - Strengthen your body and your heart in this fun, energetic class. Cardio kickboxing combines punches and kicks along with other fun, effective moves. Alternates between lower impact moves utilizing the large muscle groups and higher energy, heart pumping moves.
- Yoga / Pilates** - Burn calories and strengthen your core with this mix of yoga poses, and pilates moves, for toning and stretching. The first 30 minutes take you through a flowing yoga sequence, the last 30 offer core strength with Pilates moves.
- Senior Yoga** - Move through seated and standing poses designed to increase flexibility, balance and range of motion. Finish with mat work and finally, relaxation. (Floor exercises will be added the last 10 minutes of class. If you are unable to get down on the floor, modifications will be available.)
- Senior Strength Cardio** - Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.
- Aqua Interval** - High energy, low impact water classes designed for all fitness levels.
- Total Body** - A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.
- Kettlebell - TRX® Fusion** - Method of fitness that uses body weight to build strength, flexibility and balance.
- Senior Strength** - This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.
- Senior Aqua Interval** - A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance.