



Fall Group Fitness Classes

2nd Ward Gym

710 E MLK Jr. Blvd, Charlotte, NC 28202

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM	Closed	Closed	Closed	Athletic Conditioning Marcus Green	Closed	Closed	
7:00AM							
8:00AM				8:15AM-9:00AM			
9:00AM						9:00AM-9:45AM	Rhythmic Cycle IFF Instructor
9:30AM						10:15AM-11:00AM	Vinyasa Yoga IFF Instructor
10:30AM	T3		Upper Body Core & More		T3	11:00AM-12:00PM	
12:00PM	HIIT - CSE	Full Body Blast	HIIT - CSE	Rhythmic Cycle IFF Instructor	HIIT-CSE	12:00PM-2:00PM	Youth Open Gym Basketball 12:00p-2:00p
1:00PM-5:00PM	Closed						
5:45PM	Athletic Conditioning 6pm Marcus Green	Adult Athletics League	Vinyasa Yoga 5:45pm IFF Instructor	Adult Athletics League	Closed	No Classes on the following: September 2 nd October 5 th October 10 th November 11 th November 27 th -Close at 5pm November 28 th November 29 th	
7:00PM	Adult Open Gym Basketball 7p-9p		Open Gym Badminton 7p-9p				
8:00PM							



**Mecklenburg County
Park and Recreation**

Class Descriptions:

Athletic Conditioning: A total body circuit that combines athletic cardio movements with strength exercises to improve overall fitness, tone, strength and cardio endurance.

*Intensity Level: High

Full Body Blast: A total body circuit that focuses on functional movements and interval training. This is a challenging class that will build strength, endurance, and coordination. Full Body Blast is great for those that are short on time and need a morning or midday sweat session.

*Intensity Level: Moderate - High

HIIT-Cardio Strength and Endurance: A total body workout that combines short bursts of intense exercises, followed by a short period of active recovery strength/aerobic exercises. HIIT-CSE is designed to improve athletic capacity, conditioning, strength, and endurance.

*Intensity Level: High

Rhythmic Cycle: Music will lead the way! Pedal through this fun, full body workout while lifting your spirit, clearing your mind, and transforming your body.

*Intensity Level: Moderate

Silver Sneaker Classic: Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercise and standing support. Your instructor can modify the exercises for your fitness level.

*Intensity Level: Low-Moderate

T3 (Tummy, Thighs, and Tush): This workout will focus on strengthening and toning the abs, legs, lower back, and glute muscles through isolated exercises & movements using light weights.

*Intensity Level: Moderate

Upper Body Core & More: This upper body strength and toning class will focus on abs, back, shoulders, chest, and arm muscles with added in total body movements

*Intensity Level: Moderate - High

Vinyasa Yoga: This form of yoga will focus on flexibility by moving fluidly from one pose to another while connecting their breath.

*Intensity Level: Moderate