

# 2015-2016 FREE SUMMER ADULT GYM 60 CLASSES

Days	Class Name	Location
Announced weekly on Facebook	Tabata	Westwood High School
Announced weekly on Facebook	Strength/Strench and Balance	multiple
Announced weekly on Facebook	"OM"-less-yoga	multiple
Monday	HIIT	Twin Spruce Weight Room
Monday	Cycling	Westwood High School
Wednesday	HIIT	Twin Spruce Weight Room
Wednesday	Cycling	Westwood High School
Announced weekly on Facebook	Cycling	Westwood High School
Friday	HIIT	Twin Spruce Weight Room

***Participants to the morning HIIT class at Twin Spruce will enter through the east alley.***

**The Aquatic Center:** Weight room is also open Monday-Friday from 6:00AM-7:00 PM for weight training and cardio use!

**North Campus Weight Room:** Monday, Wednesday and Friday 6:00AM-7:15AM

Highlighted classes to begin on April 6, 2016

**All class cancelations/changes will be announced on  
GYM 60 - Get Yourself Moving Facebook Page.**

**Like us on Facebook! GYM 60-Get Yourself Moving!**

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## Class Description and Instructor List:

### Tabata with Irene Daly:

High intensity interval training, without the high impact. Benefits include increased aerobic and anaerobic system, muscle strength and

### HIIT Michelle Reynolds (TS)

High intensity interval training, utilizing strength training and cardio for optimal results

### Indoor Cycling with open cardio with Irene Daly, Sasha Beck or Trish Simonson:

A complete cardio workout. Due to limited amount of cycling bikes, this class will be on a first come basis. The cardio room will be open for any staff that would like to utilize the equipment.

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<b>Time</b>
TBA
multiple
multiple
5:15-6:00 AM
5:30-6:30 PM
5:15-6:00 AM
5:30-6:30 PM
TBA
5:15-6:00 AM



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