

Columbus City Schools Virtual Group Fitness Schedule

March 31st – June 27th



Click the photo to access the on-demand [GROUP FITNESS LIBRARY](#)! Participate in our recorded classes ANYTIME by using the password, **Active**.

Register for the Get Up & Move breaks every Monday – Friday

11:00 – 11:10 a.m. Get Up & Move

[April](#)

[May](#)

[June](#)

2:00 – 2:10 p.m. Get Up & Move

[April](#)

[May](#)

[June](#)

Day	Click to register:	Time (EST)	Instructor
Monday	Strength & Core	7:30 a.m. - 8:00 a.m.	Sarah
	Lean & Mean	9:30 a.m. - 10:00 a.m.	Susan
	Yoga Flow	12:00 p.m. - 12:45 p.m.	Jenn
	Dumbbell Strength Express	5:15 p.m. - 5:45 p.m.	Jill
Tuesday	Tabata Bootcamp	7:00 a.m. - 7:30 a.m.	Julie
	Zumba®	7:00 a.m. - 7:45 a.m.	Abby
	Gentle Mat Stretch	9:30 a.m. - 9:50 a.m.	Julie
	Get LIIT with Julie	11:45 a.m. - 12:15 p.m.	Julie
	Sweat & Flex	12:30 p.m. - 1:00 p.m.	Ashley
	Tone & Stretch	5:45 p.m. - 6:15 p.m.	Jill
Wednesday	Gentle Yoga Stretch	7:00 a.m. - 7:30 a.m.	Jenn
	Metabolic Mayhem	12:15 p.m. - 12:45 p.m.	Annette
	Pilates Cardio Sculpt	1:00 p.m. - 1:30 p.m.	Sarah B.
	Dumbbell Strength	4:15 p.m. - 5:00 p.m.	Jake
Thursday	Zumba®	7:00 a.m. - 7:45 a.m.	Abby
	Stretch & Refresh	9:30 a.m. - 10:00 a.m.	Julie
	Mat Pilates	11:45 a.m. - 12:30 p.m.	Joy
	Bootcamp	12:30 p.m. - 1:00 p.m.	Ashley
Friday	HIIT it Hard	7:30 a.m. - 8:00 a.m.	Travis
	Barre	9:30 a.m. - 10:00 a.m.	Annette
	Dumbbell Strength Express	12:00 p.m. - 12:30 p.m.	Travis

Learn [How to Register](#) for the classes you want to attend this quarter on page 2!

Registration Instructions and Group Fitness Descriptions

HOW TO REGISTER

Click on class title and fill in the following fields:

Participant ID#: Enter your **CCS Employee ID #**

Work Location: Enter the **CCS building name in which you work**

Employer: Enter **Columbus City Schools or CCS**

Add to Calendar: Use your confirmation email to join the class and add to your calendar.



Scan barcode to access the required [virtual waiver](#). You only need to sign once.

Barre: This total-body experience combines ballet inspired movement with weighted exercises to strengthen, lengthen and improve endurance. A mat and light dumbbells will be used.

Bootcamp: Strength, cardio, and core all in one 30-minute class! Be prepared to work through a mix of strength exercises and cardio intervals as this fully-body strength and endurance class is guaranteed to get your heart pumping and muscles burning!

Dumbbell Strength/Express: Grab your dumbbells for a quick and effective full-body strength workout!

Gentle Mat Stretch: Start your day gently approaching each floor position with presence. This practice focuses on alignment, awareness, and breath while encouraging relaxation of your mind and nervous system in addition to improving flexibility and overall joint range of motion. All levels are encouraged to attend. A mat or soft surface, yoga blocks, and a yoga strap (or similar items, such as a towel) may be used.

Gentle Yoga Stretch: Join this gentle yoga-based class where you will learn to befriend and feel better in your body. You will be guided through gentle movements, done both seated and standing, with the option to move to the floor and experience breath practices that can support your well-being. A yoga mat or soft surface and sturdy chair with no wheels will be used.

Get LIIT with Julie: Low Impact Interval Training gets your heart rate up without wearing your joints down! Intense short bursts of cardio and strength will improve your metabolism and endurance with minimal impact on your joints.

Get Up & Move: Break up your day with 10-minute fitness breaks. Find stretching, light strength, mobility, cardio, and even a Friday dance party waiting for you to join!

HIIT It Hard: Kick off your day strong with this high-intensity 30-minute cardio class. These quick bursts of exercise will raise your heart rate and get you sweating, with short breaks to keep you ready for more.

Lean & Mean: A 30-minute class of full-body movements that will increase your heart rate while building strength and boosting your endurance. Be ready to have fun and work up a sweat!

Mat Pilates: Strengthen your body with exercises designed to build postural endurance, core stability, and optimal flexibility! Use breath, concentration, control, centering, and flowing movement to achieve your postural and toning goals.

Metabolic Mayhem: Get your heart pumpin' without jumpin'! This 30-minute class will provide opportunities for moderate to vigorous cardiovascular exercise with minimal impact to the joints. A step/stair and weights may be used to increase intensity.

Pilates Cardio Sculpt: This 30-minute class incorporates intervals of low-impact cardio and resistance training with classical Pilates moves to give you a sculpting, full-body workout.

Strength & Core: Train the muscles of your core to increase your sense of balance and steadiness. Develop body awareness and seamless movement through functional strength exercises that use bodyweight, dumbbells, bands, and other household objects to provide resistance.

Stretch & Refresh: Refresh your posture and mobility with this 20-minute class that can be done from your desk! Through dynamic and static stretches, you'll promote blood flow and nutrient delivery to your muscles in a variety of standing, seated, and mat-based positions.

Sweat & Flex: This energetic class challenges you with a variety of low to medium impact aerobics, strength training, and sculpting to get those heart rates up and waist bands down!

Tabata Bootcamp: Start your day off with 20-second exercise intervals that will have your heart and muscles pumping while building core strength and improving coordination! This total-body class will give you a well-rounded routine that's never boring and can be tailored to any fitness level!

Tone & Stretch: Strengthen the muscles of your core (abs, lower back, hips, and glutes). Improve your posture and balance in this 30-minute class, which will leave you stretched and refreshed!

Yoga Flow: Start your week off feeling like you are on solid ground. This practice will incorporate poses that invite you to connect to yourself and the space around you. This class will include a gentle asana practice, breath work, and guided meditation.

Zumba®: Exercise in disguise. Let loose and achieve your goals jamming to Latin and hip-hop based rhythms mixing various dance moves. All fitness levels can achieve a total workout combining cardio, strength, balance, flexibility, and a serious dose of awesome.

Please note you assume any and all risk of injury or damages in connection with the session and session activities. Participating in these sessions is completely voluntary. Breaks and classes will be offered through Friday, June 27th. We will not hold any classes on Monday, May 26 and Thursday, June 19th due to the holidays. Please keep in mind the video and clarity is only as good as the internet connection. All class times above are EST.