

Columbus City Schools Virtual Group Fitness Schedule

Schedule effective July 5th – September 30th

Learn How to Register for the classes you want to attend each quarter on page 2.
Complete the required [ANNUAL VIRTUAL WAIVER](#) before participating. **Please complete the [Authorization Form](#) once per calendar year in order to earn credit for attending.**

Can't make it to a live class? Try our **recorded classes** in the on-demand **GROUP FITNESS LIBRARY!** Participate ANYTIME that fits your schedule by using the password, **Endure**. Click [HERE](#) to access the on-demand library.



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

11:00 – 11:10 a.m. Get Up & Move	July	August	September
2:00 – 2:10 p.m. Get Up & Move	July	August	September

Day	Click to register:	Intensity	Time (EST)	Instructor
Monday	Dumbbell Strength Express	👣	6:30 a.m. - 7:00 a.m.	Erin
	Built on Balance	👣	7:30 a.m. - 8:00 a.m.	Tyler
	Yoga Flow – New Day!	👣 👣	12:00 p.m. - 12:45 p.m.	Amanda
	Kickboxing	👣 👣	4:00 p.m. - 4:45 p.m.	Amanda
	Bootcamp – New Time!	👣 👣 👣	6:00 p.m. - 6:30 p.m.	Jack
Tuesday	Zumba®	👣	7:00 a.m. - 7:45 a.m.	David
	Stability Ball – New Class!	👣 👣	7:30 a.m. - 8:00 a.m.	Megan
	Circuit Training 2.0	👣 👣	11:30 a.m. - 12:00 p.m.	Megan
	Yogalates	👣 👣	12:30 p.m. - 1:00 p.m.	Amanda
Wednesday	Gentle Yoga	👣	7:00 a.m. - 7:30 a.m.	Jenn G.
	Stretch & Refresh	👣	9:30 a.m. - 9:50 a.m.	Nick
	Step It Up & Dumbbell Strength Express – Fusion Class!	👣 👣	11:30 a.m. - 12:30 p.m.	Amanda
	Barre	👣 👣 👣	12:15 p.m. - 12:45 p.m.	Kelly
	Dumbbell Strength	👣 👣	4:15 p.m. - 5:00 p.m.	Erica C.
	Zumba®	👣	5:15 p.m. - 6:00 p.m.	David
Thursday	Cardio & Core	👣 👣	7:00 a.m. - 7:30 a.m.	Erica K.
	Yoga for Strength & Core – New Class!	👣 👣	7:30 a.m. - 8:00 a.m.	Megan
	Mat Pilates – New Class!	👣 👣	12:00 p.m. - 12:45 p.m.	Amanda
	Circuit Training 2.0	👣 👣	12:30 p.m. - 1:00 p.m.	Braxton/Erin
	Low Impact Cardio Mix – New Class!	👣	5:00 p.m. - 5:30 p.m.	Amanda
Friday	Barre Fight	👣 👣	7:30 a.m. - 8:00 a.m.	Kelly
	Dumbbell Strength Express	👣 👣	12:00 p.m. - 12:30 p.m.	Nick

INTENSITY GUIDE:

👣 All levels welcome
 👣 👣 Intermediate/Challenging
 👣 👣 👣 Strenuous/Advanced
 (ALL classes can accommodate ALL levels)

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 you work at**

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

Use your confirmation email to **join the class** and **add to your calendar**. You only need to register once for each class you want to attend.

Barre: This ballet-inspired workout will lengthen, strengthen and tone the entire body. A mat or soft surface and small weights (under 5 lbs.) will be used.

Barre Fight: Barre like a beauty, box like a beast! This fusion class combines muscle sculpting barre moves with cardio kickboxing segments. You'll leave shaking, sweating, and feeling the burn. A mat, chair and light dumbbells may be used.

Bootcamp: Challenge yourself with strength and cardio drills designed to take you to your next level! This class leads you to push for improvement and get results! This class is all body weight with the option of using dumbbells to increase the difficulty.

Built on Balance: Increase your sense of balance and build your core strength. Incorporating balance training helps develop body awareness for seamless movement and better coordination, while improving joint strength to reduce your chance for injury.

Cardio & Core: Wake up with an energizing cardio workout sure to get the heart rate and energy flowing! Start the session with a focus on cardio and end with a focus on core. A mat or soft surface will be used.

Circuit Training 2.0: This class combines resistance, cardiovascular and plyometric training exercises for an intense workout. You'll have the option to push yourself to your limits and improve your peak performance. Modifications will be given as needed to reduce impact. Be prepared to sweat, work hard, and have fun!

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

Gentle Yoga: 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 Up and 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!

Kickboxing: Scorch calories and tone muscles with movements inspired by martial arts and boxing! Kickboxing is a fun way to challenge and improve both cardiovascular and muscular endurance.

Low Impact Cardio Mix: 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.

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.

Stability Ball: Grab a light set of dumbbells and a stability ball for this fun and focused class. Work on core strength and explore your relationship with your brain and body. Expect to challenge your balance, build strength, and improve overall stability!

Step It Up & Dumbbell Strength Express: One link, two classes – join for part or all of this cardio – strength fusion class that begins with traditional step aerobics and ends with dumbbell strength! If joining for strength only (12:00 p.m. – 12:30 p.m.), please warm-up prior to participating.

Stretch & Refresh: Stretch your body with a series of range of motion enhancing movements designed to make you feel limber, mobile, and refreshed. A mat/soft surface is all that will be used.

Yogalates: Yoga and Pilates come together to balance and strengthen the mind and body! Enjoy the dynamic and callisthenic nature of Pilates toning exercises alongside stabilizing and lengthening yoga poses to rebalance your posture and movement! A yoga or Pilates mat is recommended.

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

Yoga For Strength & Core: Ease into this intermediate-level practice with floor work to stretch and support a healthy spine. Progress to standing poses that will build heat and strengthen your body. Lastly, finish with gentle and relaxing stretches so you leave your mat feeling refreshed.

Zumba®: Exercise in disguise. Let loose and achieve your goals jamming to Latin and hip-hop based rhythms mixing various dance moves. 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, September, 30, 2022. There will be no classes on Monday, September 5, 2022 due to the holiday. Please keep in mind the video and clarity is only as good as the internet connection. All class times above are EST.