

Columbus City Schools Virtual Group Fitness Class Schedule

Get moving in one of these weekly classes for all levels!

Schedule effective July 6th – October 1st

Participants must be registered for each class in order to participate. Please complete the following steps:

1. COMPLETE REQUIRED ONLINE WAIVER once per year [HERE](#).
2. To receive credit for attending the classes through your employer, complete the Authorization Form [HERE](#).
3. Click on class title to register. When registering: enter your CCS Employee ID for Participant ID, and the CCS building you work at for Work location
4. Once registered, you will receive a registration confirmation email with instructions and a link to join the class. Follow the steps in the email to join the class and/or add to your calendar. You only need to register once for each class you want to attend.

Register for the daily 10-minute break classes held Monday through 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 on title to register:	Intensity	Time	Instructor
Monday	Built on Balance	👣	7:30 a.m. - 8:00 a.m.	Tyler W.
	Yoga For Easing In	👣👣	12:00 p.m. - 12:45 p.m.	Jenny
	Kickboxing – New Time!	👣👣	4:00 p.m. - 4:45 p.m.	Amanda
	Bootcamp	👣👣👣	5:00 p.m. - 5:30 p.m.	Nick
Tuesday	Zumba@	👣	7:00 a.m. - 7:45 a.m.	David
	Stretch & Refresh	👣	7:30 a.m. - 7:50 a.m.	Nick
	Circuit Training – New!	👣👣	11:30 a.m. - 12:00 p.m.	Bryant
	Yogalates – New!	👣👣	12:30 p.m. - 1:00 p.m.	Amanda
	Step & Strength – New Format!	👣👣👣	4:30 p.m. - 5:15 p.m.	Amanda
Wednesday	Cardio & Core – New!	👣👣	6:45 a.m. - 7:30 a.m.	Erica
	Barre Fight – New Format!	👣👣	12:15 p.m. - 1:00 p.m.	Kelly
	Dumbbell Strength	👣👣	4:15 p.m. - 5:00 p.m.	Amanda
	Zumba@	👣	5:15 p.m. - 6:00 p.m.	David
Thursday	Mobility – New Day!	👣	7:30 a.m. - 8:00 a.m.	Vicki
	Dumbbell Strength Express – New!	👣👣	12:00 p.m. - 12:30 p.m.	Erica
	Cardio Blast	👣👣👣	12:30 p.m. - 1:00 p.m.	Braxton
	Relax & Restore Yoga	👣	5:15 p.m. - 6:00 p.m.	Amanda
Friday	Barre Fight	👣👣	7:30 a.m. - 8:00 a.m.	Kelly
	Intermediate Mat Pilates	👣👣	12:00 p.m. - 12:45 p.m.	Amanda
Friday 2:00 p.m. Get Up & Move break will be a 10 minute Dance Party with Amanda!				

Missed the live class? Check out our **ON-DEMAND** library of classes [HERE!](#) Password: Inspire

INTENSITY GUIDE:

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



Group Fitness Class Descriptions

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 Blast: This cardio class will be sure to get the sweat going and the heart pumping. Fill your lunchtime with a workout to energize for the rest of the day!

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: 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, & have fun!

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

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!

Intermediate 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. Prior Pilates experience recommended.

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.

Mobility: All you need for this class is your body and maybe a mat! Maximize your bodies natural mobility and range of motion through a series of full range of motion movements, poses, and dynamic and static stretches.

Relax & Restore Yoga: Unwind and de-stress as you enjoy time and space to breathe, relax, and settle into gentle poses designed to reduce mental and physical tension while restoring wellbeing.

Step & Strength: Get your heart and muscles pumping to traditional step aerobics mixed with bouts of strength training using light dumbbells! You'll burn calories, tone muscles and have a blast! Can be performed without a step.

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 For Easing In: 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.

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 October 1, 2021. There will not be any classes on Monday, September 6, 2021 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.