



Classes are subject to change

Fitness Class Registration

To register for fitness classes, please sign up at CSCC or online at the link below (southstpaul.org.)

Online Class Registration

Virtual Class: Instructions for virtual classes will be provided on your registration receipt. You will need to register for a free account with the online meeting site called ZOOM, on the website at: [ZOOM](https://zoom.us) (zoom.us) or by downloading the app (Zoom Cloud Meetings) in your app store.

In-House Classes: Restrictions are in place for in-house classes, including limited registration, spacing guidelines & equipment sanitization. Face coverings are required at all times, including classes.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VIRTUAL							
Strength Cardio	9 AM Dana	8:30 AM Terie		8:30 AM Terie			8 AM Terie
Yoga			8:30 AM Terie		8:30 AM Terie		9 AM Terie
Senior Yoga		9:30 AM Terie		9:30 AM Terie			
Sr. Strength Cardio			9:30 AM Terie		9:30 AM Terie		
R.I.P.P.E.D.					5:30 PM Rita		
Core					6:30 PM Dana		
Strength Cardio			6 PM Jina	6 PM Rita		5:30 PM Jina/Rita	
Yoga				5 PM Terie			
Strength Cardio			6 PM Jina	6 PM Rita		5:30 PM Jina/Rita	
Yoga Core & More		6 PM Jina/Rita					
Cardio Kickboxing	*3 PM Jina						
IN-HOUSE							
Aqua Interval				6:15 PM Kim			8:15 AM Kim
Total Body		4:30 PM Terie	5:15 AM Kim		5:15 AM Kim		
Senior Strength			9:30 AM Kim	10:30 AM Terie	9:30 AM Kim	9:30 AM Kim	
Senior Aqua Interval			10:30 AM Kim		10:30 AM Kim	10:30 AM Kim	

*Note time change from 6 PM

- Strength Cardio** - Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.
- Yoga** - Gain strength, stamina and balance with this mind soothing yoga class. Move through poses designed to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress.
- R.I.P.P.E.D.** - Designed to incorporate all the fundamentals of fitness. Resistance, Interval, Power, Plyometrics, Endurance and Diet.
- Core** - A strong body starts from the core. Burn calories and strengthen your core with this mix of muscle toning and stretching movements. (60 minute class)
- Cardio Kickboxing** - Strengthen your body and your heart in this fun, energetic class. Cardio kickboxing combines punches and kicks along with other fun, effective moves. Alternates between lower impact moves utilizing the large muscle groups and higher energy, heart pumping moves.
- Yoga Core & More** - Burn calories and strengthen your core with this mix of yoga poses, muscle toning and stretching movements.
- Senior Yoga** - Move through seated and standing poses designed to increase flexibility, balance and range of motion. Finish with mat work and finally, relaxation. (Floor exercises will be added as an option. If you are unable to get down on the floor, modifications will be available.)
- Senior Strength Cardio** - Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.
- Aqua Interval** - High energy, low impact water classes designed for all fitness levels.
- Total Body** - A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.
- Yoga** - Gain strength, stamina and balance with this athletic style of yoga.
- Senior Strength** - This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.
- Senior Aqua Interval** - A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance.