

Drury Barber Fitness Center

FREE Fitness Classes

Free for Drury Day School Students.

Free for employees with Premium Wellness Discount

Spring, 2018: Tuesday, Jan. 16 – Friday, May 11

	Monday	Tuesday	Wednesday	Thursday	Friday
11 am. - 11:50 am.	<u>Beginning Fitness</u> Barber Fitness Ctr. Kim Hughes	<u>Cross Training</u> Barber Fitness Ctr. Brooke Martz	<u>Beginning Fitness</u> Barber Fitness Ctr. Kim Hughes	<u>Cross Training</u> Barber Fitness Ctr. Brooke Martz	
NOON - 12:30 pm. Mon. & Wed. Noon-12:30 pm. (30-minute express class)	<u>Noon-12:30 pm.</u> Express Class <u>Restorative Yoga</u> Weiser Studio Mollie McGinnis-Estes		<u>Noon-12:30 pm.</u> Express Class <u>Restorative Yoga</u> Weiser Studio Mollie McGinnis-Estes		
NOON - 12:50 pm. and... Tues. & Thurs. 1-1:30 pm. (30-minute express class)	<u>Cardio/ Core</u> Barber Fitness Center Kim Hughes	<u>Yoga</u> Weiser Studio Brooke Harris ----- <u>1-1:30 pm.</u> <u>Toning</u> Barber Fitness Center Brooke Harris Express Class	<u>Cardio/ Tone</u> Barber Fitness Center Kim Hughes -----	<u>Yoga</u> Weiser Studio Brooke Harris ----- <u>1-1:30 pm.</u> <u>Toning</u> Barber Fitness Center Brooke Harris Express Class	<u>Total Body Toning</u> Barber Fitness Center Kim Hughes
4 pm. - 4:50 pm. Tues. & Thurs. 5-5:30 pm. (30-minute express class)		<u>Cardio/ Core</u> Barber Fitness Ctr. Kim Hughes <u>5-5:30 pm.</u> <u>Spinning</u> Barber Fitness Ctr. Kim Hughes		<u>Cardio/ Core</u> Barber Fitness Ctr. Kim Hughes <u>5-5:30 pm.</u> <u>Spinning</u> Barber Fitness Ctr. Kim Hughes	

(FINAL DRAFT: As of January 8, 2018)

Class Descriptions

Beginning Fitness: Whether you are new to working out or it's been a while since you've hit the gym, this is the perfect class for you. Class begins with a light warm up and will then move into the strength section of the class. With the use of light weights, weight machines and your own body weight, this class will help build and tone muscles, burn calories and strengthen the core. Class will conclude with a short cool down/ stretching. This is a fun class with variety and each work out can be modified to fit any fitness level.

Cardio/Core: Build core strength through a variety of exercises designed to tone your back and abdomen muscles. At the same time, burn calories by doing cardio intervals between sets of core moves. Most classes are a "work at your own pace" workout, so they are suitable for all fitness levels.

Cardio/Tone: This class combines strength training and cardiovascular work to create the perfect mix of toning and calorie burning. All classes can be modified to accommodate all fitness levels.

Cross Training: Variety! Never get stuck doing the same work out again. This class does a different workout every session. Exercises range from planks and lunges, box steps/jumps and rowing, to ball slams and sit ups. The class can be laid back or intense. Participants are able to make it as challenging as they want.

Restorative Yoga: Restorative Yoga is a slow-paced style of yoga with poses that are held for longer periods of time. Using props and breathing techniques you will target deep connective tissues and help the body recover from its daily pattern of stress.

Spinning: A challenging, fun and great way to improve cardiovascular fitness while burning a lot of calories. As you ride, various terrains from rolling hills to sprints will be simulated. Come to class hydrated and bring a water bottle to stay hydrated during the workout.

Toning: You don't need an hour to get in a workout. This class uses light weights and body weight to tone and strength muscles. All movements are low impact and everyone can work at their own pace. Do something good for your self, feel better physically and mentally, without sacrificing your entire lunch break.

Total Body Toning: This head-to-toe workout will work the upper body, lower body and core muscles to improve total body toning.

Yoga: Tailored to all levels. This class is great for athletes to stretch and recover and for those looking for some relaxation while getting muscles toned and moving. It is a flow style class starting off with a gentle warm up, variety of warrior poses, then ending with some deep stretching and savanna. Feel refreshed and restored after each session.