CARDIO, STRENGTH, FLEXIBILITY DO IT ALL

PIGGY-BACK YOUR CLASSES AND GET MORE OUT OF EACH WORKOUT

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>8:15–8:45 AM Basic Jump Stretch w/ CARL (HPS2)</td>
<td>8:30–9:30 AM SPIN w/ LISA (SR)</td>
<td>8:15–8:45 AM Basic Jump Stretch Express w/ CARL (HPS2)</td>
<td>8:30–9:30 AM SPIN w/ SANDY (SR)</td>
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<tr>
<td>9:00–10:00 AM SPIN w/ LISA (SR)</td>
<td>9:45–10:45 AM POWER YOGA w/ KATHY F. (GEX)</td>
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<td>9:45–10:45 AM POWER YOGA w/ JESS (GEX)</td>
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<tr>
<td>10:15–10:45 AM TRX w/ CLEMAE (HPS1)</td>
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4:30–5:00 PM TRX w/ CLEMAE (HPS1) 4:30–5:15 PM EXPRESS SPIN w/ MERI (SR) 4:30–5:00 PM TRX w/ CLEMAE (HPS1) 4:30–5:15 PM EXPRESS SPIN w/ LYNN (SR) 4:30–5:00 PM TRX w/ BRITTANY (HPS1)

5:15–6:15 PM ZUMBA® w/ MELANIE (GEX) 5:30–6:15 PM KETTLES & MORE MARY JO (GEX) | 5:30–6:30 PM SPIN w/ CLEMAE (HPS2) | 5:30–6:15 PM KETTLES & MORE MARY JO (GEX) 5:30–6:30 PM ROCK-N-SPIN w/ PAMMY O. (SR)

6:30–7:30 PM GENTLE YOGA w/ AUDREY (GEX) 6:30–7:30 PM BASIC JUMP STRETCH w/ CARL (HPS2) 6:50–7:20 PM TRX w/ CHRIS (HPS1) 6:15–7:15 PM SPIN w/ ASHLEIGH (SR)

ACSM (AMERICAN COLLEGE OF SPORTS MEDICINE EXERCISE GUIDELINES 2019)

AEROBICS:
- Most adults should accumulate 30–60 min/day (more than or equal to 150 min/week) of moderate intensity exercise
- Or 20–60 min/day (more than or equal to 75 min/week) of vigorous intensity exercise or a combination of moderate and vigorous intensity exercise daily to attain the recommended targeted volumes of exercise.
- This recommended amount of exercise may be accumulated in one continuous exercise session or in bouts of more than or equal to 10 min over the course of a day.
- Durations of exercise less than recommended can be beneficial in some individuals.

RESISTANCE TRAINING:
- Each major muscle group 2–3 days/week. Rest at least 48 hours for the same muscle group.
- Both multijoint and single-joint exercises targeting agonist and antagonist muscle groups are recommended.
- Adults should train each muscle group for a total of 2–4 sets with 8–12 repetitions per set with a rest interval of 2–3 min between sets to improve muscular fitness.
- Even a single set per muscle group will significantly improve muscular strength, particularly among novices.
- Older adults or deconditioned individuals should begin a training regimen with 1 set of 10–15 repetitions of very light-to-light intensity (i.e., 40%-50% 1-RM) resistance exercise for muscular fitness improvements.
- As muscles adapt to a resistance exercise training program, continue to overload to increase muscular strength and mass by gradually increasing resistance, number of sets, or frequency of training.

FLEXIBILITY:
- 2-3 Days per Week with Daily Flexibility training being most effective holding for a total of 60 seconds per exercise per joint is recommended. Flexibility exercises are most effective when the muscles are warm.
- Static stretching exercises may acutely reduce power and strength, so it is recommended that flexibility exercises be performed after exercise and sports where strength and power are important for performance.
- Holding a single flexibility exercise for 10–30 seconds to the point of tightness or slight discomfort is effective.
- Older adults can benefit from holding the stretch for 30–60 seconds.