

# Group Fitness! Where do I start?

ARFC offers approximately 80 classes every week at various times to meet your fitness needs. Use this grid to help you design your own custom workout plan.

- **Cardiovascular:** 30 minutes approximately 5 times per week. Improve heart and lung health!
- **Strength:** 2 up to 3 times per week. Improve muscle mass and bone health!
- **Mind/ Body:** As much as your body and schedule allows. Improve flexibility and posture!

The **CARDIOVASCULAR** classes will burn the most calories during the hour sessions, but the **STRENGTH** classes will build muscle to keep your metabolism working at a higher rate all day long. The **MIND/BODY** classes are great for toning, stress release and also increasing your performance in other classes and preventing injury. To reach all core component of fitness, take part in a well balanced routine that works for your needs, schedule and interests.

## Cardio

## Strength

## Cardio / Strength

## Mind/Body

Group Ride Cardio Dance Zumba Cardio Drill (some strength) Group Blast Kickbox Cycling Aqua Fitness Power Aqua Insanity (some strength)	Group Power Hard Core (Core specific) Total Body Conditioning	Group Active	Yoga Group Centergy Pilates
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Need help in determining what classes match your fitness levels and needs? Just ask!  
 Contact Mandy McGuire at [mandym@amesrafit.com](mailto:mandym@amesrafit.com) or 232-1911. See in the class room!

