

OJC Fitness Center

Class Description

SilverSneakers® Classic (MSROM) w/Stacey Holewinski

Tues & Thurs 8am-9am in Fitness Center Aerobic Room 102

This class offers improved muscular strength, increased range of movement and flexibility, a variety of support positions with a chair designed to improve overall functional conditioning, and safe, fun and effective movements with hand held weights, elastic tubing, and silversneakers ball.

PED 120 Aerobics w/Janet Carrillo

Mon, Wed, & Thurs 12pm-12:50pm in Fitness Center Aerobic Room 102

Cardio and Toning Class that works total body training. This class utilizes an interval workout designed to burn calories along with kicking and punching combos, strength training and cardio burst training. *Register at fitness center or OJC student services.

PED 129 Zumba w/Bernadette Florez

Tues & Thurs 6pm-7pm & Sat 9am-10am in McDivitt Center Gym

Come and exercise the fun way in a wonderful dance class. Learn Salsa, Meringue, Cumbia, Belly Dancing, Flamenco, Tango, Samba, and Hip Hop. *Register at fitness center or OJC student services.

PED 122 Step Aerobics-Step/Body Bar w/Lisa Bamber

Mon & Wed 5:30pm-6:30pm in Fitness Center Aerobic Room 102

Body Bar & Step classes offer improved muscular strength, enhanced muscle tone, improved cardio endurance, and increased flexibility. This class allows you to vary your ability from low impact to high impact.

The Body Bar® – a one piece weighted fitness bar encased in high quality easy grip rubber for a secure and comfortable grip. User friendly, versatile, The Body Bar® is an excellent addition to a variety of workouts including strength & conditioning, circuit & interval classes, kick boxing, balance & alignment, and toning. *Register at fitness center or OJC student services.

PED 221 Dynamic Workouts -PIYO w/Talor Hall

Tues & Thurs 5:30pm-6:30pm & Sat 8am-9am in Fitness Center Aerobic Room 102

PiYo™ is a class that combines Yoga Poses with Pilates mat exercises to build CORE strength and enhance agility and balance. PiYo™ is a faster paced class than the average Yoga. *Register at fitness center or OJC student services.

Morning Circuit Training Session w/ T'Neil Magdaleno and Kurt Long

Monday, Tuesday, Wednesday & Thursday 5:30am in Fitness Center

Tired of the same old routine? This training session offers both an indoor and outdoor experience. Fast 45 minute session that is designed for an effective total body workout to burn maximum calories. We utilize Heartrate Monitors to ensure that each client is training in optimal target heart rate zones to reach maximum benefits! Contact fitness center for more details. Evening sessions can be offered upon request. *No registration required.

Chaos Weightlifting Club w/Kurt Long

Contact Kurt to schedule training session times

Chaos Weightlifting Club provides a great opportunity for youth and adults in our community to participate in an individualized sport that offers so many wonderful health benefits. With well-designed training programs and professionally coached technique, club members will see results in strength and explosive power; bodyweight control that produces lean, functional bodies; and increased flexibility, speed, balance and coordination. Rates for the club are \$45 per month for 2 one-hour sessions per week or \$30 per month for 1 one-hour session per week. Participation is on a month to month basis and new members will be welcome to join at any time.

Gym Equipment Orientations- Open to all fitness center members and OJC faculty and Staff and happens every Monday between 11am and 1pm. Learn how to use all the gym equipment (selectorized machines, cardio equipment, modular system, etc...). Learn of new classes and events happening at the fitness center and take time to talk with certified professionals.

Classes are subject to change. Please feel free to contact us for any questions, concerns, or suggestions-
Kurt Long at 719-384.6916 or 719.384.6967