

# **Bartley Center Group Exercise**

## **Fall 2018**

# **Cardio Circuit**

This class focuses on cardiovascular fitness and includes brief intervals of resistance training. Cardio modalities include spinning, low impact aerobics, step training, slide training, ladder runs, stairs, trampoline, hoola-hoops, and others. The circuit format produces a fast-paced class that is sure to make participants sweat and smile!

### **Class Format:**

Stations are set up along the perimeter of the room. Choose one station to start at and then rotate/move around the room in a clockwise fashion visiting each station and performing the exercise designated. The instructor will monitor your form and let you know when it is time to move to the next station.

**Monday: Sept. 10 – Dec. 17**  
**4:30PM - 5:45PM with Dr. Patti Mantia**

