

Bartley Center Group Exercise Summer 2019

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.

**Mondays: June 3rd – Aug. 26th
4:30PM - 5:45PM with Dr. Patti Mantia**