

# **Bartley Center Group Exercise**

## **Fall 2018**

# **Strength Circuit**

This class focuses on developing muscular strength and endurance while including brief intervals of cardiovascular fitness to make for an all-around workout. The class will vary from week to week and include tools such as therapy balls, medicine balls, TRX straps, ropes, tubes, bands, dumbbells, body bars as well as cardiovascular development equipment.

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.

**Wednesday: Sept. 5<sup>th</sup> – Dec. 19<sup>th</sup>**  
**4:30PM - 5:45PM with Dr. Patti Mantia**

