



COUGAR CONDITIONING CLASS SCHEDULE

MON

6:15 AM - Flex & Stretch
12:15 PM- Kettlebell Conditioning
1 PM - Flex & Stretch
5 PM- CS Strong

TUES

6:15 AM - CS Strong
12 PM- Barbells for Beginners
4 PM- Circuit Training

WED

6:15 AM - Circuit Training
12:15 PM - Kettlebell Conditioning
5 PM - CS Strong

THUR

12 PM- Barbell Strength Training
4 PM- Barbells for Beginners

FRI

7:15 AM- Workout Roulette



COUGAR CONDITIONING CLASS DESCRIPTIONS

Circuit Training- An efficient workout that integrates strength, balance, coordination, and cardio. Circuit training is a total body challenge that is designed to target strength building and improve agility and muscular endurance through various stations. You'll be challenged with dumbbells, stability balls, kettlebells, TRX and more! **(B)(I)**

CS Strong- This class is a strength and conditioning based workout that utilizes unconventional and traditional tools such as steel clubs, kettlebells, medicine balls, barbells and dumbbells as well as body weight movements. Classes will incorporate intense circuits to increase strength and endurance. **(A)**

Beginner Barbell- If you've never picked up a barbell before, or feel intimidated by them in the gym, this class is for you! Basic lifts will be taught in a safe and welcoming environment to help you get used to this sometimes daunting piece of equipment. After we learn the basics, we will progressively move on to more complex barbell training techniques and members will be comfortable with using the barbell for lifts such as the back and front squat, bench press, and deadlift. **(B)**

Barbell Strength Training- This class is for individuals who are comfortable using the barbell in their workouts and want to be pushed harder and work more in depth into the barbell movements including the squat, the deadlift, bench press, Olympic clean and jerk, and the Olympic snatch movements. Enjoy the benefits of becoming stronger while increasing your comfort around a barbell. Dynamic warm-ups and mobility work will be incorporated into every class. **(I)**

Workout Roulette-Need an extra push? Why not workout with your trainer? This class is designed to keep you on your toes. We want to keep you guessing - each week a different trainer will design a workout and be your partner to push you out of your comfort zone! **(A)**

Kettlebell Conditioning- Kick all your fitness goals into high gear! Compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure. With a focus on integrating breathing, movement and alignment with your ability to control balance and weight. **(I)**

Flex & Stretch- Learn self-myofascial release techniques through use of the foam roller and other similar equipment. This class will guide you on ways to use improve your flexibility with foam-rolling and stretching exercises. **(all fitness levels)**

(A) ADVANCED: *Any participant must speak to a trainer for approval prior to attending an advanced class (exercises in these classes cannot be modified)

(B) BEGINNER/ALL FITNESS LEVELS

(I) INTERMEDIATE

To sign up or ask questions, email us at csc_crw@csc.edu or call 614.287.3843