

# Recreation Center Group Fitness Class Schedule

## Week of December 9-15

	Monday 12.9	Tuesday 12.10	Wednesday 12.11	Thursday 12.12	Friday 12.13	Saturday 12.14	Sunday 12.15
6:15am ---- 7:00am		Cycle Sandy	Cycle Denise	Cycle/Strength Denise		Rec Center opens at 7:00am on weekends	
7:45am ---- 8:30am	TRX BLAST Denise		TRX BLAST Sandy		Cycle/Strength Denise	Cycle Kristen (ends @ 8:35)	
9:00am ---- 9:50am	Core/Balance/ Flexibility Sue	Core/Balance/ Flexibility Pandora	Winter Sports Conditioning in <b>GYM</b> w/Helen ----- Zumba Sue	Core/Balance/ Flexibility Sue	Strength Conditioning Frank	Winter Sports Conditioning in <b>GYM</b> w/Kristen	
10:10am ---- 11:00am	Cardio/Strength Conditioning Pandora	Cardio/Strength Conditioning Sue	Cardio/Strength Conditioning Kimberly	Strength Conditioning Frank	Strength Conditioning Frank	Yoga Sheri (ends @ 11:10)	Yoga Dolores (ends @ 11:10)
*11:15am ---- 12:00pm	Yoga Barbara (ends @ 12:15)	55+ Fitness Sue	55+ Yoga Molly	55+ Fitness Frank	Yoga Dolores (ends @ 12:15)		
12:15pm ---- 1:15pm		Yoga Nancy					
5:30PM ---- 6:30PM	Yoga Nancy	Yoga Heather					

\*11:15am class Monday - Friday offers 55+ drop in rate!

Yoga/ 55+ yoga	Cardio/Strength Conditioning	Zumba
Core/Balance/Flexibility	Strength Conditioning	TRX BLAST
55+ fitness	Sports Conditioning ( <b>GYM</b> )	Cycle



# Group Fitness Class Descriptions

## Zumba®

This workout fuses Latin and African rhythms with easy-to-follow dance moves, creating a one-of-a-kind fitness program. Expect to burn about 500 calories while having fun!

## Cardio/Strength Conditioning

A combination of cardiovascular and muscular conditioning. Instructors may vary their method of cardiovascular conditioning (i.e., Step, Circuit, HIIT, Boot Camp, or Kickboxing).

## Strength Conditioning

Muscular strength, endurance, and power exercises for the entire body. Hand weights, body bars, medicine balls, Dyna bands, and exertubes are used to ensure that you work every muscle in the body.

## Flexibility, Core, & Balance

A dynamic strength and flexibility conditioning class that incorporates principles of mat Pilates, therapeutic ball training, gliding disc work and rhythmic movement to attack the “core muscle” groups. Develop your abs, back, hips, and torso for total body control and power; plus increase your range of motion, balance, and good posture.

## Cardio Cycle

High energy classes led by seasoned, motivated instructors who will help you power up the hills, speed through the sprints, and sustain maximum endurance on the flats! Space is limited...participation is first come, first served. Classes are included in the Membership Group Fitness Program.

## Yoga, Gentle Yoga, 55+Yoga, or Advanced Yoga

Combined movement classes promote flexibility, balance, reduce stress, and prevent injury. A system of exercises for mental and physical health that promotes flexibility, balance and reduced stress. A Hindu philosophy that teaches a person to experience inner peace by controlling the body and mind.

## 55+Fitness

A combination of cardiovascular, range-of-motion, flexibility and muscular conditioning exercises.

## TRX Body Blast

An intense group training class with high-speed exercises in a set arrangement. Driven by the beat of the music, organized by a number of repetitions and quick transitions. This class is ideal for those who enjoy fun and high-energy movements.

## Seasonal Sports Conditioning

Sports Conditioning focuses on sports-specific strength, flexibility, balance, endurance, agility, and coordination. Each class includes a warm-up, group drills, stretches, a 10-station circuit, and sports-specific tips.