





NEW Schedule Begins January 7th



Community Recreation Center

Aquacise Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00 am	Aquacise Trina	Aquacise Julie	Aquacise Trina	Aquacise Julie	Aquacise Julie	
8:00-9:00 am	Aquacise Julie	Aquacise Janen	Aquacise Julie	Aquacise Janen	Aquacise Julie	
10:30-11:30 am						Aquacise Trina/Janen
5:30-6:30 pm	Aquacise  Carma		Aquacise  Carma			
6:00-7:00 pm		Aquacise  Sue		Aquacise  Sue		

Aquacise is a low-impact water exercise that promotes cardiovascular health, flexibility and strength. The resistance of the water to choreographed movements provides an intense workout that will burn calories.

Classes are for everyone including non-swimmers.

Fitness Class Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am	Cardio/Tone Michele	Cardio/Tone Michele	Step Michele	Cardio/Tone Michele	Step Michele	
9:00-10:00 am	Zumba®  Jennifer	Pilates  Michele	Zumba®  Jennifer	Yoga  Julie	Step Mix  Michele	Cardio/Tone Michele
10:00-11:00 am		Chair Fun Julie	Beg. Chi Kung Sherril	Chair Fun Julie		Pio Blend Yoga Holly
12:00-1:00 pm	Yoga Julie	Zumba® Jennifer	Yoga Julie	Pilates Julie	Yoga Julie	
4:15-5:15 pm			Zumba® Jennifer Starts Jan 18th			
5:30-6:30 pm	Cardio/Tone  Sarah	Yoga *  Barbara	Cardio/Tone  Michele	Step Mix  Sarah	Zumba®  Jennifer	
6:30-7:30 pm				B. Belly Dance  Mindy		

Fitness Class Descriptions on back

You are encouraged to work out at your own pace. Beginners to advanced are welcome in any of the classes. If you have any questions, concerns, or specific health situations, please bring it to the attention of the instructor.

Punch Cards: Aquacise and/or aerobic pass punch cards may be purchased at the front desk

10 Punch Card \$30

20 Punch Card \$60

Classes are FREE to Members

Drop-In \$5



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Fitness Class Descriptions

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Aero-Step: Aerobics followed by a high-intensity cardio step, topped off by floor exercises, stretching and relaxation.

Basic Belly Dance: Add something new to your workout routine or just come to have fun! Moves are set to simple footwork for a light cardio workout. Offered on a trial basis from Oct 20-Nov 17.

Beginning Chi Kung: (a type of Tai Chi) will teach participants to stretch and strengthen your muscles, tendons, and ligaments. Stimulates your immune system to maintain good health.

Cardio/Tone: Join this all-inclusive, energetic exercise class for people of all fitness levels. It is 30 minutes of cardiovascular exercise coupled with strength training and core conditioning.

Chair Fun: This class is friendly and sociable and are for people who want to improve their mobility, strength and balance.

Muscle Pump: Put a little muscle into your workout and join us for a class designed to build muscle strength, endurance, and toning.

Pilates: Improve core control, coordination, standing alignment and balance with these great exercises.

Pio Blend Yoga: This class is a combination of pilates and yoga giving you a blend with everything you need. * Class held in the dance room.

Step: This high-energy class is 30-40 minutes of aerobic step combinations, followed by some toning work. A great fat burner.

Step Mix: check out this fun step class that uses floor choreography to mix it up. Before you know it, the sweat has replaced your stress and you are a metabolic machine

Yoga: This beginning yoga class covers breathing techniques and basic yoga postures. You will become more in tune with your body, as you strengthen and tone.

* Evening class held in the dance room.

Zumba®: Ditch the workout with Zumba®! Zumba® combines Latin and International music with a fun and effective workout system. Anybody at any level can Join the Party!

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Child Care Available: Mondays - Fridays from 9-10:30 am & 5-8 pm Fee: \$2/child for 1 1/2 hour.