

**Pocatello Community Recreation Center
FITNESS SCHEDULE**

**AQUACISE
CANCELLED UNTIL FURTHER NOTICE**

Due to current area restrictions under Stage 2 rollback to 10 people or less in each area - Aquacise has been cancelled until further notice.
Please check out the New Modified Chair Fun classes at 7:00 & 8:00 am being offered while these classes are unavailable.

**FITNESS: Classes Limited to 10 - First Come First Served Basis
Participants are asked to bring their own yoga mats.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00 am Chair Fun (Julie)	7:00-8:00 am Chair Fun (Julie)	7:00-7:50 am Yoga (Julie)		7:00-8:00 am Chair Fun (Julie)	
8:00-9:00 am Chair Fun (Julie)	8:00-9:00 am Chair Fun (Julie)			8:00-9:00 am Chair Fun (Julie)	
9:30-10:30 pm Chair Fun (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Yoga (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Beg: P90X® (Julie)	Adult Tap 9:15-10:15 (Emily)
11:00-11:50 pm Pilates (Julie)	10:30-11:30 am Chair Fun (Julie)	11:00-11:50 am Pilates (Julie)	10:30-11:30 am Chair Fun (Julie)	10:30-11:30 am Chair Yoga (Julie)	
12:00-1:00 pm Yoga (Julie)		12:00-1:00 pm Yoga (Julie)	12:00-1:00 pm Pilates (Julie)*	12:00-1:00 pm Yoga (Julie)	
5:30-6:30 pm Zumba® (Jaime)	5:30-6:30 pm Interval Training (Sarah)	5:30-6:30 pm Zumba® (Felicia)	5:30-6:30 pm Muscle Pump (Sarah)		

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

Chair Yoga: Gentle form of yoga that is practiced sitting on a chair or standing using the chair for support.

Interval Training: this class improves fitness, health, speed, and stamina by using short bursts of higher-intensity activities with moderate periods of recovery throughout the workout.

Muscle Pump : using dumbbells, bands, medicine balls and your own body weight, you will feel muscles burn and your body become stronger during this muscle Conditioning class. All levels are welcomed and encouraged, modifications always demonstrated.

P90X® Live for beginners : A group-focused, total-body strength and cardio class designed for people of all levels. Our instructors modify the moves to challenge ALL levels, from beginners to advanced.

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

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.

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!

**Everyone should take precautions by following social distancing guidelines including, staying home if you're sick, avoiding sick people, and covering your coughs and sneezes with the crook of your elbow, or a tissue.
VULNERABLE INDIVIDUALS ARE STRONGLY ENCOURAGED TO STAY HOME**