

## COMMUNITY RECREATION CENTER

### TEMPORARY FITNESS SCHEDULE: MONDAY, MAY 18 - UNTIL FURTHER NOTICE

#### All Aquacise Classes Postponed

#### FITNESS (Classes held in Multipurpose Gym)

Classes are currently limited to 8 participants per class.

Admittance is on a first come first serve basis - check in at front desk to be issued a number.

Yoga mats not provided, bring your own. Instructors will disinfect equipment after each class.

Unavailable classes (i.e. Chair fun etc.) will be updated as Idaho Rebounds.

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.**

| Monday                                   | Tuesday                                      | Wednesday                            | Thursday                               | Friday                                 | Saturday                                   |
|--|--|--------------------------------------|--|--|--|
| 6:00-7:00 am<br>Cardio/Tone<br>(Michele) | 6:00-6:45 am<br>Pound®<br>(Elena)            | 6:00-7:00 am<br>Step<br>(Michele)    | 6:00-6:45 am<br>Pound®<br>(Elena)      | 6:00-7:00 am<br>Step<br>(Michele)      | 9:15-10:15 am<br>Adult Beg. Tap<br>(Bunny) |
|  |  | 7:00-7:50 am<br>Yoga<br>(Julie)      |  |  |  |
| 9:30-10:30 am<br>Yoga<br>(Julie)         | 9:30-10:30 am<br>Yoga<br>(Julie)             | 9:30-10:30 am<br>Yoga<br>(Julie)     | 9:30-10:30 am<br>Yoga<br>(Julie)       | 9:30-10:30 am<br>Beg: P90X®<br>(Julie) |  |
| 11:00-11:50 am<br>Pilates<br>(Julie)     | 11:00-11:50 am<br>Yoga<br>(Julie)            | 11:00-11:50 am<br>Pilates<br>(Julie) | 11:00-11:50 am<br>Yoga<br>(Julie)      | 11:00-11:50 am<br>Pilates<br>(Julie)   |  |
| 12:00-1:00 pm<br>Yoga<br>(Julie)         |  | 12:00-1:00 pm<br>Yoga<br>(Julie)     | 12:00-1:00 pm<br>Pilates<br>(Julie)    | 12:00-1:00 pm<br>Yoga<br>(Julie)       |  |
| 5:30-6:30 pm<br>Zumba®<br>(Jaime)        | 5:30-6:30 pm<br>Interval Training<br>(Sarah) | 5:30-6:30 pm<br>Zumba®<br>(Felicia)  | 5:30-6:30 pm<br>Muscle Pump<br>(Sarah) |  |  |

**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.

**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.

**Pound®:** A 45 minute cardio jam session using ripstix to make noise as we squat, lunge, and pound the mat. A full body workout that is sure to leave you feeling like fitness rock star!

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

**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!

**Classes are FREE for Members - All others may pay the daily drop-in charge or purchase a Punch Card**

Seniors: 10 Punch Card \$30    20 Punch Card \$60    One time - Punch Card ID Card fee Required: \$5    Daily Drop-In Res \$3 Non-Res \$5

Adults: 10 Punch Card \$33    20 Punch Card \$65    One time - Punch Card ID Card fee Required: \$5    Daily Drop-In Res \$5 Non-Res \$8