

# Community Recreation Center WINTER/SPRING FITNESS SCHEDULE

## AQUACISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Julie)	10:30-11:30 am Aquacise (Staff)
8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aquacise (Carma)	8:00-9:00 am Aquacise (Carma)	8:00-9:00 am Aquacise (Julie)	
5:30-6:30 pm Aquacise (Carma)	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)		

## FITNESS (Classes held in Gym)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am Cardio/Tone (Michele)	6:00-6:45 am Pound® (Elena)	6:00-7:00 am Step (Michele)	6:00-6:45 am Pound® (Elena)	6:00-7:00 am Step (Michele)	9:15-10:15 am Adult Beg. Tap (Bunny)
		7:00-7:50 am Yoga (Julie)			
	9:10-10:10 am Yoga (Julie)	9:10-10:10 am Yoga (Julie)	9:10-10:10 am Yoga (Julie)	9:20-10:05 am Beg: P90X® (Julie)	
11:00-12:00 pm Pilates (Julie)	10:15-11:15 am Chair Fun (Julie)	11:00-11:45 am Pilates (Julie)	10:15-11:15 am Chair Fun (Julie)	10:15-11:00 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)		

**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.

**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.

**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