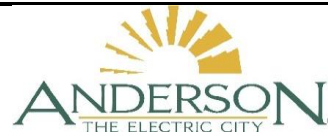


# Anderson Recreation Center Fitness Schedule for October 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX Jennifer	Step Jennifer	LESMILLS BODYPUMP EXPRESS Jennifer	LESMILLS CXWORX Jennifer	9:15 AM
8:30 AM	Fit & Flex II Courtney NO CLASS 15th	Cardio Core Sara	Fit & Flex II Jennifer	Yoga I Donna Sara 4th	Fit & Flex II Sara	CARDIO BOOTCAMP Sara 6th
9:00 AM	30Fit Katie Jennifer 29th		30Fit Katie		Yoga I Kate Donna 19th	CARDIO BOOTCAMP Beth 13th
9:30 AM	Line Dancing Sue 2 hours			Line Dancing Sue 2 hours	Tai Ji (Beginner) Charline	CARDIO BOOTCAMP Laura 20th
9:45 AM	STRONG BY ZUMBA Katie Jennifer 29th	Yoga I Sara	LESMILLS BODYPUMP Katie	Yoga I Donna Kate 4th		
10:00 AM			Chair Yoga Kate		Chair Yoga Kate Sara 19th	LESMILLS BODYPUMP Pam 27th
11:00 AM	Fit & Flex II Courtney	Fit & Flex I Aliza NO CLASS 16th	Fit & Flex II Courtney Jennifer 10th	Fit & Flex I Aliza	Fit & Flex II Aliza	Sunday 4:00 PM
11:30AM				TRX Katie (30 minutes)		YOGA Lina 7th Donna 14th Laura 21st Laura 28th
12:15 PM	20/20 Jennifer	LESMILLS CXWORX Jennifer 2nd, 9th Kelley 16th, 23rd, 30th	TRX Kate	LESMILLS BODYCOMBAT EXPRESS Kate	LESMILLS BODYPUMP EXPRESS Pam 5th, 26th Jennifer 12th, 19th	The annual tax sale will be using part of our facility the 2nd week of October. Take note of any class cancellations
	Chair Yoga Sara					
4:30 PM	Barre Sculpt Beth		Cardio Bootcamp Beth 10th, 24th Rachel 3rd 17th 31st			
4:45 PM		TRX Kate		LESMILLS CXWORX Kelley		
5:30 PM	LESMILLS BODYCOMBAT Rachel NO CLASS 15th	STRONG BY ZUMBA Katie NO CLASS 30th	LESMILLS BODYPUMP Kelley NO CLASS 31st	LESMILLS BODYPUMP Katie Pam 4th, 25th	Yoga II Sara	HOURS OF OPERATION
	Yoga II Laura 8th, 22nd Sara 1st, 15th, 29th	LESMILLS BODYCOMBAT EXPRESS Kate (30 minutes) NO CLASS 16th	Yoga II Mellonee	LESMILLS BODYCOMBAT Rachel		Mon -Thurs. 5:30am - 9:30pm
6:00 PM		Yogilates Laura Mellonee 23rd NO CLASS 16th				Friday 5:30am - 8:00pm
6:30 PM	LESMILLS BODYPUMP Kelley Jennifer 1st, 8th NO CLASS 15th	ZUMBA Aliza 2nd, 16th Beth 9th, 23rd Both 30th	Dance Party Olivia	Dance Flow Sara		Saturday 8:00am - 4:00pm
	Line Dancing Sue No class 15th 2 hours					Sunday 2:00pm - 6:00pm

## CLASS DESCRIPTIONS

**20/20** - Short on time? Squeeze in a workout with 20 minutes of cardio and 20 minutes of strength training.

**30Fit** - 30 minutes of cardio and weights. Great addition to add before a class as a warmup OR after a class for that extra little push.

**Barre Sculpt** – Use light weights and dance-inspired techniques to improve muscle strength & tone, flexibility, balance, & posture.

**BODYCOMBAT** – **NO CONTACT**, high-energy martial arts-inspired workout. Release stress, have a blast and feel like a champ. **\*\*Express format is 30-45 minutes**

**BODYPUMP** – This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. **\*\*Express format is 45 minutes**

**Cardio Bootcamp**- Cardio Bootcamp allows you to fit a huge variety of movements into your workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises.

**Cardio Core**-A cardio-based class designed to strengthen and develop your core.

**CXWORX** – 30 min. core training workout, using body weight, resistance tubing & weights to tighten & tone your midsection.

**Dance Flow**-Dance Flow includes fun choreography designed to improve endurance & memory. You'll experience a mix of style & music ensuring you'll always feel energized by this fun dance class.

**Dance Party**-We're bringing you an upbeat cardio dance experience you are sure to love. This dance party involves mostly Hip-Hop music and moves. You'll enjoy coming back each week for more!

**Fit & Flex I** - A lower impact and slower paced version of our popular Fit & Flex class designed for senior adults. Class focuses on balance, flexibility, range of motion and strength training with light resistance. Chairs are used for seated and standing support.

**Fit & Flex II**– A mix of aerobics and strength training to keep you fit & active. This low-impact class focuses on functional movement, flexibility, core strength, and balance.

**Line Dancing**- The Line Dance class will introduce the basic Line Dance steps in fun, easy-beginner dances that build into a strong foundation. New steps will be added consistently creating an environment of learning and reinforcement.

**Step** - A form of exercise that involves repeatedly stepping on and off a raised platform often while music is playing.

**STRONG by Zumba®** – combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Tai Ji**- The class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**TRX** – Get a taste of what suspension training is about! Use suspension & your own body weight for a great workout.

**Yoga** – Learn and practice basic yoga poses for strength, flexibility, and balance. Our Yoga classes are divided by levels of ability. **Chair Yoga** is primarily seated with some standing supported options. **Level 1** is mainly a beginner class with more advanced options available. **Level 2** is more advanced moves with some modifications offered.

**Yogilates** -a fun mix of Yoga & Pilates! This class will help develop your core strength, tone muscles, increase flexibility, and help reduce stress.

**Zumba** – Get into the groove and party your way to fitness with this high-energy class.

## PARTICIPATION GUIDELINES

- Individuals must be at least 13 years of age to participate.
- Classes offered on a first-come, first-served basis. For safety reasons, instructor may cap class maximum at their discretion.
- DO NOT enter class more than 10 minutes after the class has started. Instructors have the right to turn away participants who enter after the warm-up has ended.
- Classes require a minimum of 2 participants, dressed and on time.
- Please follow the instructors' lead as they will always include modifications. All instructors are certified and trained to lead a safe and effective workout. It is disruptive to the instructor and other participants when you are engaged in your own workout during class. The use of iPods, cell phones and other personal electronics is prohibited when classes are in session. Additionally, keep side chatter to a minimum.
- Proper athletic attire must be worn at all times. No open-toed shoes or sandals allowed. Athletic-type shoes must be worn. It is highly recommended that participants wear cross-training shoes to avoid injury.
- Class times are subject to change. Length of classes are also subject to change. Instructors are subject to change.

Facebook.com/AndersonRecreation  
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