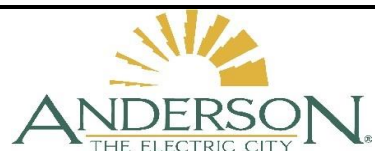


Anderson Recreation Center Fitness Schedule for January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 8th, 22nd CX WORX 15th, 29th	Step Jennifer	Jennifer	Power Flow Jennifer	9:15 AM Erin 5th Line Dancing Sue 12th Erin 19th Line Dancing Sue 26th
8:30 AM	Fit & Flex II Courtney	Cardio Core Sara	Fit & Flex II Jennifer	Yoga I Sara	Fit & Flex II Sara	
9:00 AM	30Fit Katie		30Fit Katie		Yoga I Kate	
9:30 AM	Line Dancing Sue 2 hours	Dance Party Megan		Line Dancing Sue 2 hours	Tai Ji (Beginner) Charline	
9:45 AM	 Katie	Yoga I Sara	Katie			
10:00 AM			Chair Yoga Kate		Chair Yoga Kate	
11:00 AM	Fit & Flex II Courtney	Fit & Flex I Aliza	Fit & Flex II Courtney	Fit & Flex I Sara	Fit & Flex II Aliza	Sunday 4:00 PM YOGA Lina 6th Lina 13th Laura 20th Lina 27th
11:30AM				Kate (30 minutes)		
12:15 PM	20/20 Jennifer	Jennifer	Kate	Kate	Pam 4th & 18th Jen 11th & 25th	The facility will be closed Tuesday, January 1st for New Year's Day & Monday, January 21st for MLK Day
	Chair Yoga Sara				Warm Yoga Sara	
4:30 PM	Barre Sculpt Beth		Cardio Bootcamp Beth		Yoga II Sara	
4:45 PM		Kate		Jennifer		
5:30 PM	Yoga II Mellonee 7th Laura 14th Sara 28th	Katie	Pam	Katie		
	Rachel Kate 7th	Kate (30 minutes)	Yoga II Mellonee Laura 9th	Rachel Jennifer 3rd		
6:00 PM		Yogilates Laura Sara 29th				
6:30 PM	Jennifer	Aliza	Dance Party Megan			
6:45 PM	Line Dancing Sue 2 hours No class 14th			Dance Party Olivia 24th & 31st		

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 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.

Power Flow-A dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It tones and sculpts the entire body allowing for rapid results.

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.

Warm Yoga- This class incorporates gentle restorative poses along with deep, steady breathing to allow the body to melt & soften while gently detoxifying to create more space & freedom in the mind & body. The room temperature is set at 70 degrees & the class is a level one class. This format is perfect for participants with arthritis, stiff muscles or joints, headaches, anxiety or just the winter blues!

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.