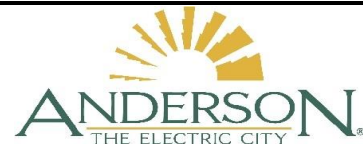


Anderson Recreation Center Fitness Schedule for February 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 5th & 19th CX WORX 12th & 26th	Spin Jennifer	Jennifer	Power Flow Jennifer	9:15 AM
8:30 AM	Fit & Flex Aliza	Cardio Core Sara	Fit & Flex Courtney	Yoga I Sara	Fit & Flex Sara	Pam 2nd
9:00 AM	30Fit Katie		30Fit Katie		Yoga I Kate	BIKER BARRE Beth 9th
9:30 AM	Line Dancing Sue 2 hours	Dance Party Megan		Line Dancing Sue 2 hours	Tai Ji (Beginner) Charline	
9:45 AM	20/20/20 Katie	Yoga I Sara	Katie	Spin Jennifer		Pam 16th
10:00 AM					Chair Yoga Kate	Erin 23th
11:00 AM	Fit & Flex Courtney Sara 25th	Move It or Lose It Aliza	Fit & Flex Courtney	Move It or Lose It Sara	Fit & Flex Aliza	Sunday 4:00 PM
			Chair Yoga Kate			
11:30AM				Kate (30 minutes)		YOGA Laura 3rd Lina 10th Lina 17th Laura 24th
12:15 PM	Spin Jennifer	Kelley 12th & 26th Jen 5th & 19th	Kate	Kate	Jen 1st & 15th Pam 8th & 22nd	The facility will be closed Monday, February 18th for President's Day
	Chair Yoga Sara				Chair Yoga Sara	
4:30 PM	Biker Barre Beth		Cardio Bootcamp Beth			
4:45 PM		Kate		Kelley		
5:30 PM	Rachel	Kate (30 minutes)	Yoga II Mellonee	Rachel	Spin Jennifer 1st & 8th Kelley 15th & 22nd	HOURS OF OPERATION Mon -Thurs. 5:30am - 9:30pm Friday 5:30am - 8:00pm Saturday 8:00am - 4:00pm Sunday 2:00pm - 6:00pm
	Yoga II Laura 4th & 25th Sara 11th	20/20/20 Katie	Kelley	Katie		
6:00 PM		Yogilates Laura				
6:30 PM	Kelley/Jen		Dance Party Megan			
6:45 PM	Line Dancing Sue 2 hours	Spin Beth 5th & 19th Kelley 12th & 26th		Dance Party Olivia Megan 21st & 28th		

CLASS DESCRIPTIONS

20/20 - Short on time? Squeeze in a workout with 20 minutes of cardio and 20 minutes of strength training. The **20/20/20** class is our longer version of the same class. (Challenging classes)

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.

Biker Barre- Biker Barre is a class broken into two parts. 30 minutes of cardiovascular training on the Spin bike and 20 minutes of barre training. This combination of ballet-inspired lower body work, low-weight resistance training and bodyweight work make for an intense, yet low-impact, toning workout. This class is great for all levels, especially beginners who may not be ready for a full Spin class.

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 30-45 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 – 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.

Move It or Lose It- A lower impact and slower paced 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.

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.

Spin -Spin class is a great way to get a cardio workout without the impact of running or jumping. You'll burn calories and keep your muscles in shape while building your cardiovascular endurance and strength. ****Must sign up 15 minutes before class starts.** Space is limited.**

STRONG by Zumba® – combines body weight, muscle conditioning, high impact cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. *****Not a beginner class*****

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.

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.