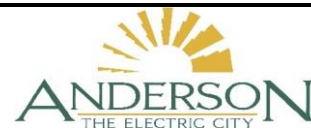


# Anderson Recreation Center Fitness Schedule for April 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 2nd 16th 30th CX WORXS 9th 23rd	Spin Jennifer	Jennifer	Power Flow Jennifer	8:15 AM <b>SPIN</b> 6th 13th 20th Jennifer
8:30 AM	Fit & Flex Aliza	30Fit Courtney Laura 16th	Fit & Flex Courtney	Yoga I Sara Laura 18th	Fit & Flex Courtney Laura 19th	9:15 AM
9:00 AM	30Fit Katie	Dance Party Megan Olivia 9th	30Fit Katie Aliza 3rd		Yoga I Kate	Michele 6th
9:30 AM	Line Dancing Sue	Yoga I Sara Laura 16th		Line Dancing Sue	Tai Ji (Beginner) Charline	Erin 13th
9:45 AM	20/20/20 Katie		Katie Sub 3rd	Spin Jennifer		BarreFit Beth 20th
10:00 AM		Beginner Spin Vivyan			Chair Yoga Kate	Erin 27th
11:00 AM	Fit & Flex Courtney	SilverSneakers® BOOM Muscle/Move Aliza	Fit & Flex Courtney	Move It Or Lose It Vivyan	Fit & Flex Aliza	Sunday 4:00 PM
11:30AM			Chair Yoga Kate	Kate (30 minutes)		YOGA Lina 7th Laura 14th Closed 21st Lina 28th
12:15 PM	Spin Jennifer	Kelley 2nd 16th 30th Jennifer 9th 23rd	Kate	Kate	Jennifer Michele 19th	The facility will be closed Sunday, April 21st for Easter Sunday
	Chair Yoga Sara Laura 15th 22nd					
4:30 PM	BarreFit Beth Vivyan 1st		Cardio Bootcamp Beth			
4:45 PM		Kate		Kelley		HOURS OF OPERATION  Mon -Thurs. 5:30am - 9:30pm  Friday 5:30am - 8:00pm  Saturday 8:00am - 4:00pm  Sunday 2:00pm - 6:00pm
5:30 PM	Rachel	Kate 9th-class in gym	Yoga II Mellonee Laura 17th	Rachel	Spin Kelley 5th & 26th Jennifer 12th & 19th	
	Yoga II Sara 1st 8th 29th Laura 15th 22nd	20/20/20 Katie	Kelley	Katie Michele 4th		
6:00 PM		Yogilates Laura No class 9th				
6:30 PM	Kelley Jennifer 1st					
6:45 PM	LaShauna	Spin Kelley 9th 23rd Beth 16th 30th Jennifer 2nd	Dance Party Olivia No class 24th			

## 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.

**BarreFit**- BarreFit is an "anything goes" class. The class is a mix of cardiovascular training (at times on the Spin bike), barre training and strength 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 most fitness levels.

**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.

**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. The class is 2 hours, but come & go as you please.

**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.

**Silver Sneakers® BOOM Muscle/Move**- MUSCLE incorporates exercises that improve upper body conditioning. The focus of this class is on toning muscles and building overall strength. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**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. **Beginner Spin** is a 30 minute class. **\*\*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. 30-60 minutes

**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.