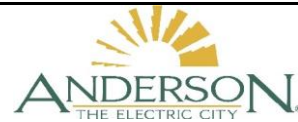


Anderson Recreation Center Fitness Schedule for June 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 4th 18th CX WORXS 11th 25th	Spin Jennifer	Jennifer	Power Flow Jennifer	8:15 AM SPIN Jennifer 1st Beth 8th Kelley 15th Vivyan 22nd Jennifer 29th
8:00 AM				Dance Party Megan		
8:30 AM	Fit & Flex Olivia	30Fit Olivia Courtney 25th	Fit & Flex Courtney	Yoga I Laura Donna 6th Mellonee 13th	Barre Above® Courtney	9:15 AM
9:00 AM	30Fit Katie	Dance Party Megan	30Fit Katie		Yoga I Kate	Erin 1st
9:30 AM	Line Dancing Sue	Yoga I Mellonee No class 4th Laura 25th	Dance Party Olivia Erin 26th	Line Dancing Sue No class 27th	Tai Ji (Beginner) Charline No class 7th, 21st 28th	Michelle 8th Erin 15th
9:45 AM	Tabata Katie		Katie	Spin Jennifer		
10:00 AM		Beginner Spin Vivyan			Chair Yoga Kate	Rachel 22nd
11:00 AM	Fit & Flex Courtney Jennifer 10th	SilverSneakers® BOOM Muscle/Move Vivyan	Fit & Flex Courtney	Move It Or Lose It Vivyan	Fit & Flex Olivia Courtney 28th	Michelle 29th
			Chair Yoga Kate			
11:30AM				Kate		
12:15 PM	Spin Jennifer	Kelley 4th 18th Jennifer 11th 25th	Kate	Jen 6th? 20th 27th Inna 13th	Jennifer 14th 21st Michelle 7th 28th	Sunday 4:00 PM YOGA Laura 2nd Helen 9th Lina 16th Laura 23rd Lina 30th
	Chair Yoga Kate 3rd Helen 10th & 17th Laura 24th				SilverSneakers® Classic Courtney Vivyan 7th	Thank you to all the participants who support our classes & instructors! We appreciate you!
4:30 PM	BarreFit Beth Vivyan 17th		Cardio Bootcamp Beth			
4:45 PM				Kelley Kate 27th		
5:30 PM	Rachel	Rachel 11th class in gym	Yoga II Mellonee Laura 26th	Rachel	Spin Jennifer 7th 28th Kelley 14th 21st	
	Yoga II Sara	Tabata Katie	Kelley Inna 12th 26th	Katie		
6:00 PM		Yogilates Laura No class 11th Mellonee 18th				HOURS OF OPERATION Mon -Thurs. 5:30am - 9:30pm Friday 5:30am - 8:00pm Saturday 8:00am - 4:00pm Sunday 2:00pm - 6:00pm
6:30 PM	Kelley 3rd 17th Inna 10th 24th					
6:45 PM	LaShauna	Spin Kelley 4th 18th Beth 11th 25th	Line Dancing Sue No class 26th			

CLASS DESCRIPTIONS

20/20 - Short on time? Squeeze in a workout with 20 minutes of cardio and 20 minutes of strength training. **45 minutes**

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. **45-60 minutes**

Barre Above®-Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. **45-60 minutes**

BODYCOMBAT – NO CONTACT, high-energy martial arts-inspired workout. Release stress, have a blast and feel like a champ. **60 minutes**
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. **60 minutes**
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. **45-60 minutes**

CXWORX – **30 minute** 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! **45-60 minutes**

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. **60 minutes**

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. **60 minutes**

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. **45 minutes**

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. **60 minutes**

SilverSneakers® Classic- Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. **45 minutes**

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. **45-60 minutes**

Beginner Spin is a **30 minute** class. ****Must sign up 15 minutes before any of the spin classes** 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*** 45-60 minutes**

Tabata-Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. **45 minutes**

Tai Ji- The class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. **60 minutes**

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. **45-60 minutes**

Yogilates -a fun mix of Yoga & Pilates! This class will help develop your core strength, tone muscles, increase flexibility, and help reduce stress. **45-60 minutes**

Zumba – Get into the groove and party your way to fitness with this high-energy class. **45-60 minutes**

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.