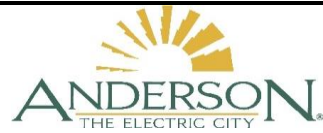


Anderson Recreation Center Fitness Schedule for May 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 7th 21st CX WORXS 14th 28th	Spin Jennifer	Jennifer	Power Flow Jennifer	8:15 AM SPIN
8:00 AM				Dance Party Megan Olivia 30th		Jen 4th Kelley 11th Vivyan 18th Beth 25th
8:30 AM	Fit & Flex Aliza	30Fit Courtney	Fit & Flex Courtney	Yoga I Sara Lina 16th	Barre Above® Courtney Aliza 24th	9:15 AM
9:00 AM	30Fit Katie	Dance Party Megan	30Fit Katie		Yoga I Kate	Michelle 4th
9:30 AM	Line Dancing Sue	Yoga I Sara		Line Dancing Sue Olivia 2nd	Tai Ji (Beginner) Charline No class 24th 31st	Erin 11th
9:45 AM	Tabata Katie		Katie	Spin Jennifer		Dance Party Olivia 18th
10:00 AM		Beginner Spin Vivyan			Chair Yoga Kate	Erin 25th
11:00 AM	Fit & Flex Courtney	SilverSneakers® BOOM Muscle/Move Aliza	Fit & Flex Courtney	Move It Or Lose It Vivyan	Fit & Flex Aliza	
			Chair Yoga Kate			Sunday 4:00 PM
11:30AM				Kate		YOGA Laura 5th No class 12th Laura 19th Jenny 26th
12:15 PM	Spin Jennifer	Jennifer 7th 21st Kelley 14th 28th	Kate	Kate	Jennifer Michele 31st	
	Chair Yoga Sara					The facility will be closed Friday, May 10th & Monday, May 27th
4:30 PM	BarreFit Beth Vivyan 6th	Dance Party Olivia	Cardio Bootcamp Beth Kelley 8th			
4:45 PM				Kelley Jennifer 30th		
5:30 PM	Rachel Inna 13th	Rachel 14th-class in gym	Yoga II Mellonee Jenny 1st	Rachel	Spin Jennifer 3rd 24th 31st Kelley 17th	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 Sara 6th 13th Laura 20th	Tabata Katie	Kelley	Katie		
6:00 PM		Yogilates Laura No class 14th				
6:30 PM	Kelley					
6:45 PM	LaShauna	Spin Kelley 7th 14th Beth 21st 28th				

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**

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.