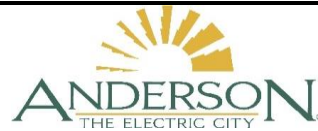


Anderson Recreation Center Fitness

Schedule for **February** 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Monday Madness Jennifer	Jennifer	Spin Jennifer	Brenda	Jennifer	8:15 AM SPIN
8:30 AM	Fit & Flex Aliza	30Fit Sara	Fit & Flex Courtney	Yoga I Angela	Barre Above® Courtney	Beth 1st Darlen 8th Vivyan 15th Jennifer 22nd Beth 29th
9:00 AM	30Fit Courtney	Line Dancing Sue-1 hour	Aliza		Yoga I Kate	9:30 AM
9:30 AM	Line Dancing Sue	Yoga I Angela		Line Dancing Sue		Erin 1st
9:45 AM	Tabata Aliza		Michelle Aliza 5th	Spin Jennifer		Brenda 8th
10:00 AM		Beginner Spin Vivyan			Chair Yoga Kate	Erin 15th
					Tai Ji (Beginner) Charline No class 28th	Brenda 22nd
11:00 AM	Fit & Flex Courtney	SilverSneakers® BOOM Muscle/Move Aliza	Fit & Flex Courtney	Move It Or Lose It Vivyan	Fit & Flex Aliza	Barre Bootcamp Beth 29th
			Chair Yoga Kate			
11:30AM				Kate		
12:15 PM	Spin Jennifer	Mid-day Madness Jennifer	Kate	Kate	Jennifer 7th 21st Michelle 14th 28th	Sunday 4:00PM YOGA Laura 2nd Laura 9th Kelly N. 16th Lina 23rd
	Chair Yoga Lina				Yogilates Laura	We will be closed Monday, February 17th for President's Day
4:30 PM	BarreFit Beth	Sherrece	Cardio Bootcamp Beth	Yoga I Sara		
5:30 PM	Rachel	Brenda	Yoga II Sara	Rachel	Spin Darlen 7th 28th Jennifer 14th 21st	HOURS OF OPERATION
	Yoga II Mellonee		Kellev			Mon -Thurs. 5:30am - 9:30pm
6:00 PM		Yogilates Laura		Alyssa 6th 20th Kelly N. 13th 27th		Friday 5:30am-8:00pm
6:30 PM	Kelley No class 3rd 10th	Spin Beth 4th 11th 25th Kelley 18th	Sherrece No class 6th Beth 12th	Sherrece		Saturday 8:00am - 4:00pm
	LaShauna					Sunday 2:00pm - 6:00pm
7:00 PM				Spin Darlen		

CLASS DESCRIPTIONS

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.

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.

Mid-Day/Monday Madness- Looking for variety? This is the class for you! Every week will be something different! Expect to see Barre, CX WORX, TRX circuits and more! **45 minutes**

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**

Pound@- Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

SilverSneakers@ 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. **STRONG 30™** packs a challenging total-body workout into 30 minutes. This efficient and focused class helps you fit fitness into any schedule. *****Not a beginner class*** 30-60 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. **30-60 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**

Werg- WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. **45-60 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.