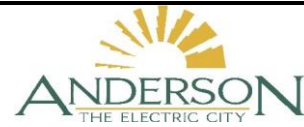


Anderson Recreation Center Fitness Schedule for March 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Monday Madness Jennifer	BODYPUMP Jennifer	Spin Jennifer	POUND Brenda Jennifer 26th	TRX Jennifer	8:15 AM SPIN
8:30 AM	Fit & Flex Aliza	Fit 45 Sara	Fit & Flex Courtney	Yoga I Angela	Barre Above® Courtney	Darien 7th Beth 14th Darien 21st Kelly N. 28th
9:00 AM	30Fit Courtney		Core 30 Aliza		Yoga I Kate	9:30 AM
9:30 AM	Line Dancing Sue	Yoga I Angela		Line Dancing Sue		POUND Brenda 7th
9:45 AM	STRONG Aliza		ZUMBA Aliza	LES MILLS BODYPUMP Jennifer		POUND
10:00 AM		Spin 45 Vivyan			Chair Yoga Kate	Brenda 14th
					Tai Ji (Beginner) Charline No class 27th	Barre Vivyan 21st
11:00 AM	Fit & Flex Courtney	SilverSneakers® BOOM Muscle/Move Aliza	Fit & Flex Courtney	Move It Or Lose It Vivyan	Fit & Flex Aliza	LES MILLS BODYCOMBAT Inna 28th
			Chair Yoga Kate No class 4th Lina 18th			Sunday 4:00PM YOGA Lina 1st Laura 8th Lina 15th Laura 22nd Angela 29th
11:30AM				TRX Kate		
12:15 PM	Spin Jennifer	Mid-day Madness Jennifer	TRX Kate	LES MILLS BODYCOMBAT Kate	LES MILLS BODYPUMP Jennifer 13th 27th Michelle 6th 20th	
	Chair Yoga Lina TBA 23rd & 30th					Be sure to check out our SilverSneakers Attendance Contest! You could be entered into a drawing to win a Dick's Sporting Goods gift card.
4:30 PM	BarreFit Beth Sara 9th	WERQ Sherrece	Cardio Bootcamp Beth Sara 11th	Yoga I Sara		
5:30 PM	LES MILLS BODYCOMBAT Rachel	POUND Brenda Beth 24th	Yoga II Sara	LES MILLS BODYCOMBAT Rachel	Spin Jennifer 6th 20th Darien 13th 27th	
	Yoga II Mellonee Sara 16th		LES MILLS BODYPUMP Kelley			HOURS OF OPERATION
6:00 PM		Yogilates Laura Sara 3rd & 31st Class in gym 10th		LES MILLS BODYPUMP Alyssa 5th Kelley 12th Kelly N. 19th 26th		Mon -Thurs. 5:30am - 9:30pm Friday 5:30am- 8:00pm
6:30 PM	LES MILLS BODYPUMP Kelley	Spin Beth 3rd 24th 31st Kelley 10th 17th	WERQ Sherrece	WERQ Sherrece		Saturday 8:00am - 4:00pm
	ZUMBA LaShauna					Sunday 2:00pm - 6:00pm
7:00 PM				Spin Darien		

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**

Core 30- 30 minutes of Tabata style core work.

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**

Fit 45- A fun mix of aerobics, weights & flexibility work. **45 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. **60 minutes**

Spin 45 is a 45 minute class & a great class to attend if you are new to spin.

****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*** 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**

Werq- 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.**