



Summer 2017
Group Fitness Schedule
 Effective July 1, 2017

All classes are approximately 55 minutes long to allow for transition between back-to-back classes. Each class has equipment for approximately 12 participants. Child care available M/W/F/S 9-11am and M/W 5:30-6:30pm, \$3.

Time	Mon	Tues	Wed	Thurs	Fri	Sat
<u>5:30-6:30am</u>	Cycling		Cycling		Cycling	Cycling *8:00-9:00am
<u>9:00-10:00am</u>	Cycling	Hatha Yoga	Cycling	Hatha Yoga	Cycling	Barre
<u>10:00-11:00am</u>	Core Strength		Core Strength		Core Strength	
<u>11:30-12:30pm</u>	Barre					
<u>12:15-12:45pm</u>		Boot Camp**		Boot Camp**		
<u>5:30-6:30pm</u>		Cycling 360		Cycling 360		
<u>5:30-6:30pm</u>	Pound!		Barre		Zumba *6:00-7:00pm	

Class Prices: Land & Water or Rec Center Pass- No Charge * Drop-in rate \$6 (\$4 Bootcamp)



Boot Camp

This class is designed for people who want a strong and healthy sweat, but no choreographed movements. Back-to-basic movement patterns, cardio interval drills and muscle endurance weight training produce an effective, calorie-burning workout. All levels of fitness are welcome, and the instructor will offer progressions and regressions as needed.

Core/Strength

Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. The instructor may include a variety of equipment in the great work out. All levels of fitness are welcome, and the instructor will offer progressions and regressions as needed.

Pound!

Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along a slammin' soundtrack using Ripstix--weighted drumsticks designed to transform drumming into a kick-butt, fat burning, full body interval workout that will leave you dripping sweat.

Studio cycling

This is a group exercise on stationary bikes. During the class, the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint, and race! It's a truly fantastic cardiovascular class. All levels of fitness are welcome, and the instructor will offer progressions and regressions as needed.

Cycling 360

This class adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off the bike strength training and core training. The result is a total body program that allows participants to experience a great cardio workout while strengthening their upper body and core.

Barre

Barre Classes use a combination of moves that incorporate ballet, yoga and Pilates. Barre exercises focus on isometric strength training combined with high reps of small range-of-motion movements. Barre helps increase flexibility by lengthening muscles. You DO NOT need to be a dancer to gain benefits from barre classes.

Zumba

Once the Latin and World rhythms take over, you'll see why **Zumba**® Fitness classes are often called exercise in disguise. ... A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Hatha Yoga

A class designed to concentrate on physical health and mental well-being. This class combines posture, breathing techniques, and stretching exercises to unwind, and release tension, providing a good counterpoint to both busy lifestyles and cardio workouts with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

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