

# Parks & Recreation Department Winter/Spring 2017 Group Exercise Schedule



*(Effective January 9, 2017)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning Classes</b>						
	Senior Aerobics 7:45 to 8:30 a.m. AR Kara		Senior Aerobics 7:45 to 8:30 a.m. AR Kara			
Senior Aerobics 8 to 9 a.m. AR Stephanie	Step Aerobics 8:30 to 9:30 a.m. AR Trisha	Senior Aerobics 8 to 9 a.m. AR Stephanie	Zumba® 8:30 to 9:30 a.m. AR Tomika	Senior Aerobics 8 to 9 a.m. AR Stephanie	Step Aerobics 8:15 to 9:15 a.m. AR1 Lydia	
*Yoga 9 to 10 a.m. SR Sundance Yoga	PiYo* 9:30 to 10:30 a.m. AR2 Diane	*Yoga 9 to 10 a.m. SR Sundance Yoga	PiYo* 8:30 to 9:30 a.m. SR Diane	*Yoga 8:15 to 9:15 a.m. SR Sundance Yoga	Bootcamp 8:15 to 9:15 a.m. AR2 Stephanie	
S.W.A.T Training 9 to 10 a.m. AR Melody	Indoor Cycle 9:30 to 10:30 a.m. SR Stephanie	S.W.A.T Training 9 to 10 a.m. AR2 Melody	Indoor Cycle 9:30 to 10:30 a.m. SR Stephanie	Zumba Gold Toning® 9 to 9:30 a.m. AR Renaee	Indoor Cycle 9:15 to 10:15 a.m. SR Stephanie	
Zumba® 10 to 11 a.m. AR Raquel	Zumba® 9:30 to 10:30 a.m. AR1 Christa	Doonya 10 to 11 a.m. AR2 Kajal	Zumba® 9:30 to 10:30 a.m. AR Renaee	Zumba Gold® 9:30 to 10:30 a.m. AR Renaee	Zumba® 9:30 to 10:30 a.m. AR Renaee	
Water Aerobics 9:30 to 10:30 a.m. AP Kara	Water Aerobics 9:30 to 10:30 a.m. AP Kara	Water Aerobics 9:30 to 10:30 a.m. AP Kara	Water Aerobics 9:30 to 10:30 a.m. AP Kara	Water Aerobics 9:30 to 10:30 a.m. AP Kara		
Body Toning 11 a.m. to 12 p.m. AR Stephanie	Body Weight Training 10:30 to 11:30 a.m. AR Stephanie	Body Toning 11 a.m. to 12 p.m. AR Stephanie	Body Weight Training 10:30 to 11:30 a.m. AR Stephanie	Body Toning 11 a.m. to 12 p.m. AR Stephanie		
<b>Afternoon/Evening Classes</b>						
	Water Resistance 4:30 to 5:30 p.m. AP Stephanie	Water Resistance 4:30 to 5:30 p.m. AP Stephanie	Water Resistance 4:30 to 5:30 p.m. AP Stephanie	<p style="color: #800000; font-weight: bold;">Class Locations:</p> <p style="color: #800000; font-weight: bold;">AR – Entire Activity Room</p> <p style="color: #800000; font-weight: bold;">AR1 – Activity Room 1</p> <p style="color: #800000; font-weight: bold;">AR2 – Activity Room 2</p> <p style="color: #800000; font-weight: bold;">SR – Spin Room</p> <p style="color: #800000; font-weight: bold;">AP – Activity Pool</p> <p style="color: #800000; font-weight: bold;">RR – Rec Room (2<sup>nd</sup> Floor)</p>		
Bootcamp 5:30 to 6:30 p.m. RR Stephanie		Bootcamp 5:30 to 6:30 p.m. RR Stephanie	Cardio Salsa 6 to 7 p.m. AR Lydia			
Zumba® 6 to 7 p.m. AR Raquel	Step Aerobics 6 to 7 p.m. AR Lydia	Zumba® 6 to 7 p.m. AR Lily	Fierce FUNK® 7 to 8 p.m. AR Renaee			
*Yoga 6:15 to 7:15 p.m. SR Sundance Yoga	Strength Training 7 to 8 p.m. AR Lydia	*Yoga 6:15 to 7:15 p.m. SR Sundance Yoga				
*STRONG by Zumba® 7 to 8 p.m. AR Lily		*STRONG by Zumba® 7 to 8 p.m. AR Allison				

\*Please bring your own mat to Yoga, PiYo, and STRONG classes.

Westside Event Center - Evening Classes						
	Zumba® 6 to 7 p.m. BH Raquel		Zumba® 6 to 7 p.m. BH Raquel		Class Locations: BH – Banquet Hall	

(Please note schedule is subject to change without notice)

## Group Exercise Guidelines

- Class instructors are subject to change without notice.
- Classes function on first-come, first-serve basis. Instructors reserve the right to refuse access if class reaches max.
- Must be 10 years of age or older to participate in all group exercise classes, ages 10-15 must have signed release form from physician and must be accompanied by parent/guardian at all times while attending classes.
- Please be considerate to others and turn off your cell phone.
- Please wear appropriate workout attire including tennis shoes for land classes.
- Please return the equipment to its place in the storage rooms.
- Please no food or gum. Beverages must be in non-breakable containers with caps.

## Class Descriptions

**Body Toning:** A total body strength training challenge promoting muscle endurance to get you toned.

**Body Weight Training:** Total body strength training using just your body weight to increase your heart rate for a complete workout.

**Bootcamp:** Everything goes in this cardio & strength training class where you will be motivated to challenge & push yourself.

**Cardio Salsa:** Spicy, hot and energetic, this is a fun-filled Cardio Salsa workout that keeps you burning body fat as you dance, wave your arms, and swing your hips with a Latin flair.

**Doonya: The Bollywood Workout:** The energy and expressions of Bollywood-inspired music and dance will keep you smiling as you burn up to 800 calories while using dance and fitness fundamentals combined in perfect combinations and patterns for an effective full-body workout.

**Fierce Funk®:** Combines a street style funk movement with a contemporary hip-hop feel, for an inspiring, fun and complete workout. It brings a sense of fun, empowerment, passion, energy and a philosophy of love toward others to their classes through dance and fitness movements to energizing music.

**Indoor Cycle:** The resistance on a stationary bike will have your legs burning and heart pumping. This cardio class is as intense as you can make it. Let the instructor take you on the ride of your life..

**PiYo:** A mat conditioning class inspired by yoga and pilates. Muscle sculpting, core firming benefits of pilates combined with the strength and flexibility of yoga cranked up for a fat burning, low-impact workout. *Please bring your own mat.*

**Senior Aerobics:** Functional exercises for our active population of 60+. We will use light weights and equipment to improve strength, balance, and flexibility. (All ages welcome)

**Step Aerobics:** Its creative routines that builds cardiovascular endurance and burns excess fat at a fast rate. A variety of moves without complex choreography will keep your body in motion..

**Strength Training:** a complete body toning workout utilizing dumbbell equipment. In this hi/low workout training program you will build endurance, confidence and help you achieve the body you well deserve.

**STRONG by Zumba®:** combines high intensity interval training with the science of Synced Music Motivation.

**S.W.A.T. Training:** A mix of interval, circuit, and hi/low intensity training to keep you challenged in a different way each week. Offers a combination of **Strength** and **Conditioning** movements, **Weight Training** and **Aerobic Exercise** for a **Toned** body and improved athletic performance.

**Water Aerobics:** Enjoy non-impact exercises in the pool while using water weights to make the water resistance higher.

**Water Resistance Training:** Similar to Water Aerobics with an extra kick to get your heart rate and muscles racing.

**Yoga:** Hold poses with the correct body alignment to increase your strength, endurance, and overall well-being. Also focuses on flexibility with stretching. End the class with mental and physical relaxation. This class is for the mind, body, and soul. *Please bring your own Yoga mat.*

**Zumba®:** A Latin cardio-dance workout incorporating beats and rhythms. Put a smile on your face while getting fit.

**Zumba® Gold:** A Latin cardio-dance workout specifically for our active population of 60+. (All ages welcome)

**Zumba® Gold Toning:** This program combines the enticing world rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

Recreation Center & Natatorium | 4141 Bailey Road | 281.412.8900  
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