

Parks & Recreation Department Winter/Spring 2019 Group Exercise Schedule



(Effective Jan. 7, 2019)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|
| Senior Cardio Sculpt 8 to 9:00 AR Stephanie | Senior Fitness 8 to 8:30 AR Kara | Senior Cardio Sculpt 8 to 9:00 AR Stephanie | Senior Fitness 8 to 8:45 AR Kara | Senior Cardio Sculpt 8 to 9:00 AR Stephanie | |
| | MASHUP® 8:30 to 9:30 AR Kara | | Zumba® 8:45 to 9:45 AR Tomika | | Step & Core 8:15 to 9:15 AR1 Lydia |
| Yoga 9:15 to 10:15 RR Lisa | PiYo 9:30 to 10:30 RR Diane | Yoga 9:15 to 10:15 RR Lisa | PiYo 9:30 to 10:30 RR Diane | Yoga 9:15 to 10:15 RR Lisa | Bootcamp 8:30 to 9:30 AR2 Stephanie |
| S.W.A.T Training 9 to 10:00 AR Melody | Indoor Cycle 9:30 to 10:30 SR Stephanie | S.W.A.T Training 9 to 10 a.m. AR2 Melody | Indoor Cycle 9:30 to 10:30 SR Stephanie | S.W.A.T Training 9 to 10:00 AR Melody | Indoor Cycle 9:30 to 10:30 SR Stephanie |
| | Water Aerobics 9:30 to 10:30 AP Melody | Complete Core 10 to 10:30 AR2 Melody | Water Aerobics 9:30 to 10:30 AP Melody | Zumba Gold® 10 to 11:00 AR Renaë | Zumba® 9:30 to 10:30 AR Renaë |
| U-Jam 10 to 11:00 AR Starlight | Zumba® 9:45 to 10:45 AR Christa | Body Toning 11 to 12:00 AR Stephanie | | | |
| Body Toning 11 to 12:00 AR Stephanie | Barbell Blast 10:45 to 11:45 AR Stephanie | Aqua Zumba 12:15-1:15 AP Harriett | Chisel 10:45 to 11:45 AR Melody | Body Toning 11 to 12 AR Stephanie | |
| Afternoon/Evening Classes | | | | | |
| | Water Resistance 4:30 to 5:30 AP Stephanie | Water Resistance 4:30 to 5:30 AP Stephanie | | Class Locations: AR – Entire Activity Room AR1 – Activity Room 1 AR2 – Activity Room 2 RR – Rec Room (2 nd Floor) SR – Spin Room AP – Activity Pool | |
| Bootcamp 5:45 to 6:45 SR Stephanie | Cycle & Tone 5:45 to 6:45 SR Stephanie | Bootcamp 5:45 to 6:45 SR Stephanie | Indoor Cycle 5:45 to 6:45 SR Stephanie | | |
| Zumba® 6 to 7:00 AR Lily | Cardio Salsa 6 to 7:00 AR Lydia | Cize Cardio Dance 5:45 to 6:45 AR2 Giset | MASHUP®- sprint 6 to 7:00 AR1 Lydia | | |
| Yoga 6:15 to 7:15 RR Lisa | | STRONG 6 to 7:00 AR1 Lily | TurboKick Cardio Kickbox 6 to 7:00 AR2 Giset | | |
| STRONG 7 to 8:00 AR Tomika | Step Aerobics 7 to 8:00 AR2 Lydia | | U-Jam 7 to 8:00 AR Renaë | | |

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|--|------------------------------------|-----------|------------------------------------|--------|---|
| Westside Event Center - Evening Classes | | | | | |
| | Zumba® 6 to 7:00 p.m. Raquel | | Zumba® 6 to 7:00 p.m. Raquel | | Class Locations: 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 12 years of age or older to participate in all group exercise classes. Ages 12-15 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

Barbell Blast: A barbell class combined with core work that will sculpt, tone and strengthen your entire body, fast.

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

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

Chisel: Total body sculpting from head to toe using dumbbells and weighted bars. Carve, cut and tone your muscles to gain strength, muscle endurance, and 'get chiseled'.

Cize: It's the End of ExerCIZE as you know it! Learn how to dance, burn some serious calories - all while having FUN!

Complete Core: A stronger core makes you better at everything you do. The instructor will guide you through correct technique as you work through body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Cycle & Tone: Get an energetic mix of cardio and strength training. This class is for all levels who enjoy a rush.

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.

MASHUP: Experience a short, effective workout with Variable-intensity Interval Training (VIIT). This program features Mind/Body, Agility & Strength, and High-intensity Interval exercises for every fitness level for a fun and challenging workout!

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, high-intensity workout.

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

Senior Cardio Sculpt: Gets the heart pumping with modifications for everybody. A combination of low impact cardio, upper and lower body weight training including Abs.

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 **S**trength and **C**onditioning movements, **W**eight Training and **A**erobic Exercise for a **T**oned body and improved athletic performance.

TurboKick: Packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises.

U-Jam Fitness®: An athletic urban dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat -- all while having FUN!

Water Fitness: Enjoy non-impact exercises in the pool while using different modalities 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.

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)

Recreation Center & Natatorium | 4141 Bailey Road | 281.412.8900
Westside Event Center | 2150 Countryplace Parkway | 713.436.8600