

# Fitness Newsletter 2015

**Group Exercise**—The Clay Madsen Recreation Center has always been a great place to participate in membership based classes. We offer a variety of classes to choose from and an exceptional fitness team. You will certainly have no excuse on reaching your fitness goal for the new year, GOOD LUCK!

**Spynergy / Extreme**—This fantastic indoor cycling workout will get your heart rate going and your legs burning. It's low impact, high intensity, and guaranteed to make you sweat! Participants are in control of their bike resistance, so they can push themselves to their own personal limit!

**Extreme:** A combination of cycling and resistance training will be sure to incorporate a wide variety of challenges. Instructor: Fitness Team

Tuesday—Spynergy X—9:00-10:00m(1/6, 1/13, 1/20, 1/27) \*25251

Wednesday—Spynergy—11:30am-12:30pm (1/7, 1/14, 1/21, 1/28) \*25257

Thursday— Spynergy X —5:15-6:15pm (1/8, 1/15, 1/22, 1/29) \*25252

Friday—Spynergy — 11:30am-12:30pm (1/9, 1/16,

**r-AQUA-thon** —The Round Rock Raquathon Series is designed to be fun, relaxed, non-intimidating event that offers an encouraging atmosphere for beginner athletes while also providing a consistent course for those seasoned athletes wishing to track improvements or get in a sprint workout.

At CMRC— \$20—MARCH 7TH, 2015

## Contact Information:

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**Personal Training** – You will not find a better personal training rate than what the Clay Madsen Recreation Center has to offer. A well trained and certified team of personal trainers are at your service. Experience a one on one setting that revolves around your fitness goals to improve your overall health and quality of life this year. Select your own trainer from your computer at home or book your next appointment by simply calling CMRC and get set up with a trainer that fits into your schedule. To get started visit [roundrocktexas.setmore.com](http://roundrocktexas.setmore.com)

**Survivor Round Rock (Fitness Edition)** – Looking for a challenge that will enhance your fitness and quality of life without stepping foot in a gym? Survivor Round Rock is exactly what it sounds like, based off of the popular Television Show the fitness team have added some fitness twists into this exciting and very unique opportunity. Jam packed with immunity challenges, reward challenges, hidden immunity idols and a grand prize. Sole Survivor is the goal, how bad do you want it? All participants must be able to swim and are comfortable in a pool setting.

ROTATIONAL LOCATIONS—\$60—3/30-5/13

**Stroller Fitness** – Hey parents! Ready to get fit but don't want the hassle and price of hiring a personal trainer AND a babysitter? Look no further! All kiddos must come with a stroller seat. Two kids = two stroller seats, etc. The stroller must be secure for the child, provide protection from the elements, and be safe to use over various terrains such as trails, grass, and gravel. In addition to sweating and getting slim, parents will be able to interact with other parents and explore some of Round Rocks wonderful parks and trails! So grab your little ones 6 months-4 years and let's get strollin'!

Starting March 7th — \*24778— \$28

**Boot Camp Training** — It is back and better than ever. A newly revitalized program with a new philosophy in mind, it is safe to say that you better be ready to bring it if you make Boot Camp Training a part of your morning routine. Come try **January** out for **FREE**

Monday, Wednesday, Friday 5:30-6:30AM at CMRC

**CMRC 2014-2015 Group Exercise Schedule September 3, 2014 - May 29, 2015**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>\$ Boot Camp Training \$</b> 5:30-6:30am Judy		<b>\$ Boot Camp Training \$</b> 5:30-6:30am Judy		<b>\$ Boot Camp Training \$</b> 5:30-6:30am Judy	<b>Zumba</b> 8:30-9:30am Tina 35
<b>***(\$ Designates classes that are offered for an additional fee.***</b>					
<b>Cardio Interval</b> 9:00-10:00am Kelly 20	<b>\$Spynergy X\$</b> 9:00a-10:00p Kim 20	<b>Lift</b> 9:00-9:45am Kelly 20	<b>H.I.I.T.</b> 9:00-10:00am Kim 24	<b>Cardio Interval</b> 9:00-10:00am Kelly 20	<b>Bokwa</b> 9:45-10:45am Thomas 35
<b>Core Resistance</b> 10:15-10:45am Kelly 35	<b>Pilates</b> 10:15-10:45am Kim 35	<b>Zumba Toning</b> 10:00-11:00am Amy 35	<b>Flex &amp; Stretch</b> 10:15-10:45am Kim 35	<b>Zumba</b> 10:15-11:15am Tina 35	
<b>Zumba Toning</b> 11am-12:00pm Amy 35		<b>\$ Spynergy \$</b> 11:30a-12:30p Kim 10	<b>Zumba</b> 11:00a-12:00p Selve 35	<b>\$ Spynergy \$</b> 11:30a-12:30p Kim 10	
<b>*Please see CMRC front desk staff for Group and Aqua Exercise Rules and Guidelines.*</b>					
<b>Bokwa</b> 5:15-6:15pm Thomas 35	<b>Circuit Training</b> 5:00-5:45pm Henry 25	<b>20/20/20</b> 5:15-6:15pm Henry 25	<b>\$Spynergy X\$</b> 5:15-6:15pm Henry 20	<b>Piloxing</b> 5:00-6:00pm Selve 35	
	<b>Zumba Step</b> 6:00-7:00pm Tina 35	<b>Piloxing</b> 6:30-7:30pm Selve 35			

CMRC values fitness and wellness and provides a variety of group exercise classes for our members! For the safety and enjoyment of our classes, all participants must follow the group exercise policies and procedures. Our classes are designed to serve ages 16+ and all ability levels; modifications will be taught in each class.

**20/20/20:** Three 20 minute intervals of a variety of different types of training. From upper & lower body strength training, core, and speed.

**BOKWA:** participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine while moving together to today's most popular music!

**BOOTCAMP:** A specialty class offered for an additional fee. A total body workout that includes: cardio weights, plyometrics, muscle strengthening, & core conditioning. Try the class for \$7 or sign up for monthly session.

**CARDIO INTERVAL:** Accelerate your fitness improvements and experience how time can fly during a cardio workout when you are having fun!

**CIRCUIT TRAINING:** A variety of high intensity exercises all culminated into one workout going from one station to the next. Combinations of strength, core and cardio!

**CORE RESISTANCE:** this class will utilize resistance tubing/bands to work all major muscles along with Core strength exercises

**FLEX & STRETCH:** A great way to loosen up those sore muscles, aches and pains with a full body stretching session.

**H.I.I.T. High Intensity Interval Training** -Total body conditioning targeting muscular endurance and cardiovascular fitness

**LIFT** - This class focuses on strength and endurance through lifting weights. Lift your way to a stronger, leaner body!

**PILATES** - Targets the core muscles while improving flexibility and stabilization.

**PILOXING:** Piloxing is a non-stop, cardio fusion of standing pilates, boxing and dance. This class will help you burn maximum calories, build lean muscles, and increase stamina.

**ZUMBA:** A fusion of Latin dance rhythms featuring interval training using fast and slow sessions.

**ZUMBA STEP:** is an all-round cardio workout that tones and strengthens the legs and glutes. All of the ZUMBA fitness-party fun you love.

**ZUMBA TONING:** Take Zumba to the next level by combining a typical Latin-infused, high energy Zumba class and body-sculpting exercises. Students will learn to use lightweight, maraca-like

**SPYNERGY:** A specialty class offered for an additional fee. This fantastic cycling workout will get your heart rate going and your legs burning. It's low impact, high intensity, and guaranteed to make you sweat! Participants are in control of their bike resistance, to push themselves to their own personal limit!

**SPYNERGY EXTREME:** A specialty class offered for an additional fee. The extreme part of this workout incorporates cycling, weight training and core work.

With a variety of different circuits this is one program you will not want to miss. This extreme full body workout will without question, push you to the max!