

CLAY MADSEN RECREATION CENTER

GROUP EXERCISE

Winter/Spring 2020

1/6/2020 - 5/31/2020

MONDAY

5:30A-6:20A
AQUA S-WET
JEWELL (20)

8:30A-9:20A
AQUA WARRIOR
LAUREN (20)

8:45A-9:30A
MUSCLE UP
JEREMY (15)

9:30A-10:20A
AQUA FUSION
TONING
LIZZIE (35)

9:45A-10:45A
RELAXING YOGA
ALEJANDRA (22)

10:30A-11:20A
AQUA TARGET
LIZZIE (20)

11:00A-12:00P
CARDIO DANCE
TONING
AMY (35)

12:15P-1:00P
WARRIOR BOOTCAMP
JEREMY (20)

5:30P-6:15P
POWER UP
SHERRY (25)

6:30P-7:15P
AQUA BOARD
FLOAT FIT
LAUREN (10)

6:30P-7:30P
ZUMBA
THOMAS (35)

TUESDAY

8:00A-8:45A
POWER UP
MELANIE (25)

9:00A-10:15A
YOGA ONE 15
ALEJANDRA (15)

9:30A-10:20A
AQUA PARTY FIT
LIZZIE (35)

12:15P-1:00P
WARRIOR BOOTCAMP
SHERRY (20)

5:30P-6:15P
EVENING HATHA
TONYA (20)

6:00P-6:50P
AQUA ZUMBA
MARIA (30)

6:30P-7:15P
BODY BLAST
JEWELL (20)

7:00P-7:50P
AQUA TOYZ
SHELIA (20)

WEDNESDAY

5:30A-6:20A
AQUA S-WET
JEWELL (20)

8:00A-8:45A
SPYNERGY CYCLE
SHERRY (9)

8:30A-9:20A
AQUA WARRIOR
LAUREN (20)

9:00A-9:45A
PILOXING
SELVE (35)

9:30A-10:20A
AQUA FUSION
TONING
LIZZIE (35)

10:00A-11:00A
CARDIO DANCE
TONING
AMY (35)

10:30A-11:20A
AQUA TARGET
LIZZIE (20)

11:15A-12:00P
CHAIR YOGA
ALEJANDRA (15)

12:15P-1:00P
WARRIOR BOOTCAMP
JEREMY (20)

5:40P-6:20P
TOTAL BODY BURN
ANGELA (25)

6:30P-7:15P
AQUA BOARD FLOAT FIT
LAUREN (10)

6:30P-7:30P
ZUMBA
THOMAS (35)

THURSDAY

8:00A-8:45A
HIIT
MELANIE (20)

9:00A-9:45A
TOTAL BODY
CONDITIONING
LINDSEY (25)

9:30A-10:20A
AQUA PARTY FIT
LIZZIE (35)

10:00A-10:45A
CARDIO FUN
SELVE (35)

11:00A-11:45A
CORE & BALANCE
LIZZIE (25)

12:15P-1:00P
WARRIOR BOOTCAMP
LINDSEY (20)

5:15P-6:15P
CYCLE YOGA
FUSION
KATHY C. (9)

6:00P-6:50P
AQUA ZUMBA
MARIA (30)

7:00P-7:50P
AQUA TOYZ
SHELIA (20)

FRIDAY

5:30A-6:20A
AQUA S-WET
Hybrid Aquaboards
JEWELL (20)

8:00A-8:45A
KETTLEBELL
LINDSEY (20)

9:00A-9:45A
ULTIMATE WORKOUT
KATHY K. (15)

9:30A-10:20A
AQUA FUSION
TONING
LIZZIE (35)

10:00A-10:45A
BREATHE, STRETCH, & SMILE
ALEJANDRA (22)

10:30A-11:20A
AQUA BOARD
CORE&BALANCE
LIZZIE (20)

11:00A-12:00P
ZUMBA
SELVE (35)

SATURDAY

9:00A-10:00A
ZUMBA
SELVE (35)

10:15A-11:00A
TOTAL BODY BURN
ANGELA (25)

11:05A- 11:35A
CORE & STRETCH
ANGELA (25)

*UPDATED 1/8/2020

LAND CLASS DESCRIPTIONS:

BODY BLAST: Get ready to blast your calories with a cardio-weight intervals combined with a bit of barre, step, flexibility, and groove

BREATHE, STRETCH, & SMILE: Wind down your week with a good stretch class that will help lengthen and strengthen those muscles and improve your recovery time.

CARDIO BLAST: Cardio class created to get the heart pumping and blood flowing while grooving to Latin influenced music.

CARDIO DANCE TONING: Take a cardio dance to the next level by combining a typical Latin-infused, high energy, cardio dance class and body sculpting exercises. Participants will use lightweight, maraca-like weighted sticks.

CORE & BALANCE: Everything begins at the core. a class designed to work core and balance with yoga inspired moves.

CORE & STRETCH: Finish off the day with a great workout designed to target your core and then extended stretch to lengthen the muscles.

CHAIR YOGA: Ground your mind and body with this class that improves flexibility and increases strength and body awareness.

CYCLE YOGA FUSION: Best of both worlds! 30 min. of cycle intervals followed by 30 min. of yoga stretches to prevent over use from repetitive sports, perfect for runners, walkers, and of course cyclist!

EVENING HATHA: This is an all levels class that will consist of yoga sequences that promote core strength and balance as well as a strong connection to breath.

HIIT: Interval style cardio class to target maximum calorie burn!

KETTLEBELL: Learn how to swing, clean, press, and use the Kettlebell properly. Kettle bell cardio routines, supersets, and interval workout blends will keep our heart rate up and tone your body without increasing mass!

MUSCLE UP: This class is designed to improve overall strength, power and endurance with intense and effective workouts that keep your body guessing and work up a sweat!

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.

POWER UP: Having stronger, leaner muscles can bring you all the more closer to your fitness goals! And with strength training, getting there will be effective and fun. You'll leave feeling motivated and ready to come back for more!

RELAXING YOGA: A gentle flow yoga class to release tension from the body and mind.

SPYNERGY CYCLE: This is a cardio music pumping cycle class designed to increase fat burn, heart rate, blood flow, and energy levels!

TOTAL BODY BURN: A jammed packed total body workout combining both weights and cardio to engage upper and lower body while getting the heart pumping.

TOTAL BODY CONDITIONING: A total body workout using all forms of resistance training.

ULTIMATE WORKOUT: A bootcamp style workout created to build strength and endurance while torching calories!

WARRIOR BOOTCAMP: A lunch hour, high intensity, intermediate to advanced bootcamp style workout to burn max calories and build more powerful stronger muscles all during your lunch hour!

YOGA ONE 15: A mix of cardio flow and challenging floor postures to tone the body while stretching and lengthening.

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

AQUA CLASS DESCRIPTIONS:

AQUA BOARDS FLOAT FIT: Experience Float Fit- the world's first floating exercise Mat. Join a fun & effective exercise class ON the water! This 30-45min. low impact class give a full body workout. The exercises are continually challenged by constant movement of the water. *you must be able to get onto the Aqua Boards without assistance to participate in this class

AQUA BOARDS HYBRID: This class is a combination of in the water exercises and our Float Fit Aqua Boards. This class is designed to strengthen and train you to be able to get onto the aqua boards. This is a unique way to train in the water and ON the water to keep things fun and exciting!

AQUA BOARDS HYBRID CORE & BALANCE: This class is similar to the HYBRID aqua boards class, but targeting core and balance training in and ON the water!

AQUA FUSION TONING: Similar to Aqua Fusion but with a section designed to use equipment to tone your muscles all while grooving and shaking your way to a healthier fitter you!

AQUA PARTY FIT: Designed for beginner and intermediate. It is done completely in the shallow end of the pool. The class focuses on balance, core, and back training providing you a total body workout. This is low impact that integrates cardio, intervals and equipment designed for the water to reach your goals! Everyone is welcome!

AQUA S-WET: Aqua bootcamp that offers a high intensity, athletic approach to water fitness, using gravity from land and the resistance of the water. A combination of strength training exercises, drill, intense cardiovascular work, intervals, and plyometrics. This class moves between the shallow and deep ends of the pool as well as some deck work.

AQUA TARGET: We do everything! We move from shallow to the deeper end of the pool. Balance is our purpose! Try out your strength and flexibility while using our provided equipment. Listen to fun music, work on cardiovascular strength with repetition and fast movements with low to medium impact.

AQUA TOYZ: High intensity class combines cardio and muscle workout. The focus is to increase endurance that will challenge your breathing and core strengthening which will help your posture and muscle strength. This class uses all the toys in aqua toy box from resistance bands to kick boards and a blend of shallow and deep water along with the sides of the pool.

AQUA WARRIOR: 45 min class where you will conquer both ends of the pool. you will participate in a well rounded workout from cardio, core, and strength and finish off with a cool down stretch. You will use a flotation while in the deep end and moving to the shallow using resistance equipment to increase strength.

AQUA ZUMBA: Integrating the Zumba formulas and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe and challenging cardio conditioning workout.