

CLAY MADSEN RECREATION CENTER

GROUP EXERCISE

Winter/Spring 2020

1/6/2020 - 5/31/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30A-6:20A AQUA S-WET JEWELL (20)		5:30A-6:20A AQUA S-WET JEWELL (20)		5:30A-6:20A AQUA S-WET Hybrid Aquaboards JEWELL (20)
	8:00A-8:45A POWER UP MELANIE (25)	8:00A-8:45A SPYNERGY CYCLE SHERRY (9)	8:00A-8:45A HIIT MELANIE (20)	8:00A-8:45A KETTLEBELL LINDSEY (20)
8:30A-9:20A AQUA WARRIOR LAUREN (20)		8:30A-9:20A AQUA WARRIOR LAUREN (20)		
8:45A-9:30A MUSCLE UP JEREMY (15)				
	9:00A-10:15A YOGA ONE 15 ALEJANDRA (15)	9:00A-9:45A PILOXING SELVE (35)	9:00A-9:45A TOTAL BODY CONDITIONING LINDSEY (25)	9:00A-9:45A ULTIMATE WORKOUT KATHY K. (15)
9:30A-10:20A AQUA FUSION TONING LIZZIE (35)	9:30A-10:20A AQUA PARTY FIT LIZZIE (35)	9:30A-10:20A AQUA FUSION TONING LIZZIE (35)	9:30A-10:20A AQUA PARTY FIT LIZZIE (35)	9:30A-10:20A AQUA FUSION TONING LIZZIE (35)
9:45A-10:45A RELAXING YOGA ALEJANDRA (22)		10:00A-11:00A CARDIO DANCE TONING AMY (35)	10:00A-10:45A ZUMBA SELVE (35)	10:00A-10:45A BREATHE, STRETCH, & SMILE ALEJANDRA (22)
10:30A-11:20A AQUA TARGET LIZZIE (20)		10:30A-11:20A AQUA TARGET LIZZIE (20)		10:30A-11:20A AQUA BOARD CORE&BALANCE LIZZIE (20)
11:00A-12:00P CARDIO DANCE TONING AMY (35)		11:15A-12:00P CHAIR YOGA ALEJANDRA (20)		11:00A-12:00P ZUMBA SELVE (35)
12:15P-1:00P WARRIOR BOOTCAMP JEREMY (20)	12:15P-1:00P WARRIOR BOOTCAMP SHERRY (20)	12:15P-1:00P WARRIOR BOOTCAMP JEREMY (20)	12:15P-1:00P WARRIOR BOOTCAMP LINDSEY (20)	
	5:30P-6:15P EVENING HATHA TONYA (20)		5:15P-6:15P CYCLE YOGA FUSION KATHY C. (9)	
5:30P-6:15P POWER UP SHERRY (25)	6:00P-6:50P AQUA ZUMBA MARIA (30)	5:40P-6:20P TOTAL BODY BURN ANGELA (25)	6:00P-6:50P AQUA ZUMBA MARIA (30)	9:00A-10:00A ZUMBA SELVE (35)
6:30P-7:15P AQUA BOARD FLOAT FIT LAUREN (10)	6:30P-7:15P BODY BLAST JEWELL (20)	6:30P-7:15P AQUA BOARD FLOAT FIT LAUREN (10)		10:15A-11:00A TOTAL BODY BURN ANGELA (25)
6:30P-7:30P ZUMBA THOMAS (35)	7:00P-7:50P AQUA TOYZ SHELIA (20)	6:30P-7:30P ZUMBA THOMAS (35)	7:00P-7:50P AQUA TOYZ SHELIA (20)	11:05A- 11:35A CORE & STRETCH ANGELA (25)
				SATURDAY

*UPDATED 2/3/2020

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 & 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 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 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.