

# CLAY MADSEN RECREATION CENTER

## GROUP EXERCISE

SUMMER 2020

7/6/2020- 9/13/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:30A-6:20A EARLY BIRD AQUA S-WET LAUREN (25)		
		7:30A-8:20A AQUA DEEP WATER LAUREN (15)		
8:00A-8:45A MUSCLE UP JEREMY (15)	8:00A-8:45A BODY BLAST BOOTCAMP MELANIE (15)	8:00A-8:45A HIIT MELANIE (15)	8:00A-8:45A SPYNERGY CYCLE KATHY (9)	
8:30A-9:20A AQUA DEEP WATER LAUREN (15)				8:30A-9:15A SYNERGY CYCLE SHERRY (9) <i>Starts 7/17</i>
	9:30A-10:20A AQUA FIT SHELIA (25)	9:30A-10:20A AQUA FIT MELANIE (25)	9:30A-10:20A AQUA FIT JENN (25)	9:30A-10:20A AQUA FIT SHELIA (25)
9:30A-10:00A 4T-ZONE® SHERRY (20)	9:30A-10:45A YOGA ONE 15 ALEJANDRA (15)	9:45A-10:45A CARDIO DANCE TONING AMY (20) <i>Starts 7/22</i>	9:45A-10:30A INTERVALS ANGELA (17)	9:45A-10:30A BREATHE, STRETCH, & SMILE ALEJANDRA (15)
11:00A-12:00P CARDIO DANCE TONING AMY (20) <i>Starts 7/20</i>		11:15A-12:00P CHAIR YOGA ALEJANDRA (15)		
5:30P-6:15P POWER UP SHERRY (20)	5:30P-6:30P CYCLE YOGA FUSION KATHY K. (9)	5:30P-6:15P TOTAL BODY BURN ANGELA (17)		
	5:30P-6:20P AQUA TOYZ SHELIA (25)		6:00P-6:45P BODY BLAST JEWELL (20)	9:30A-10:15A TOTAL BODY BURN ANGELA (17)
6:45P-7:30P STEP FUSION ANGELA (17)	6:30P-7:20P AQUA ZUMBA JEWELL (25)	6:45P-7:30P POUND ROCKOUT! SHELIA (20)	5:30P-6:20P AQUA CARDIO BLAST SHELIA (25)	10:20A- 10:50A CORE & STRETCH ANGELA (17)
			6:30P-7:20P AQUA TOYZ SHELIA (25)	
				<b>SATURDAY</b>

\*UPDATED 7/6/2020

## 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

**BODY BLAST BOOTCAMP:** Need an extra push? This class consists of body weight exercises mixed in with cardio and strength training. With a new workout every week, these classes are designed to push you harder than you would push yourself and always keep the body guessing.

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

**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!

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

**INTERVAL:** a heart pumping, strength conditioning, and cardio workout that combines full-body strength training with high intensity cardio segments to keep you burning calories for hours after class!

**KETTLEBELL:** Learn how to swing, clean, press, and use the Kettlebell properly. Kettle bell cardio routines, super-sets, 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!

**POUND ROCKOUT:** channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

**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!

**STEP FUSION:** Back to Basic Step Aerobic moves combined with strength and power moves on the STEP to give you a heart pumping, sweat dripping cardio workout.

**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.

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

**4T-ZONE®:** if you are short on time but need an effective workout this program is a power half-hour designed to Target, Tighten & Tone your Troubling 4T-Zone® Tummy, Tush, Thighs, and Tri's!

## AQUA CLASS DESCRIPTIONS:

**AQUA CARDIO BLAST:** 50min of packed cardio moves using the principles and dynamics of the water to burn fat and strengthen the heart!

**AQUA 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 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 DEEPWATER:** 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.