

# CLAY MADSEN RECREATION CENTER

## GROUP EXERCISE

FALL 2020

9/14/2020-12/20/2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



8:00A-8:45A  
MUSCLE UP  
JEREMY (15)

8:00A-8:45A  
TRX CIRCUIT  
MELANIE (10)

8:00A-8:45A  
HIIT  
MELANIE (15)

8:30A-9:30A  
RELAXING YOGA  
ALEJANDRA (15)

8:30A-9:15A  
SYNERGY CYCLE  
SHERRY (9)

9:30A-10:20A  
AQUA FUSION  
MARIA (25)

9:30A-10:20A  
AQUA FUSION  
MARIA (25)

9:30A-10:20A  
AQUA FIT  
JEN S. (25)

9:30A-10:20A  
AQUA FIT  
JENN W. (25)

9:30A-10:20A  
AQUA FIT  
JEN S. (25)

9:30A-10:00A  
4T-ZONE®  
SHERRY (20)

9:30A-10:45A  
YOGA ONE 15  
ALEJANDRA (15)

10:00A-11:00A  
ZUMBA  
SELVE (20)

9:45A-10:30A  
BREATHE, STRETCH, &  
SMILE  
ALEJANDRA (15)

11:00A-12:00P  
ZUMBA  
THOMAS (20)

5:30P-6:15P  
POWER UP  
SHERRY (20)

5:30P-6:30P  
CYCLE YOGA FUSION  
KATHY K. (9)

11:15A-12:00P  
PILOXING  
SELVE (15)

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

5:30P-6:20P  
AQUA TOYZ  
SHELIA (25)

**SATURDAY**

9:00A-10:00A  
ZUMBA  
SELVE (20)

6:30P-7:15P  
AQUA BOARDS  
LAUREN (10)

5:30P-6:20P  
AQUA TOYZ  
SHELIA (25)

6:30P-7:20P  
AQUA ZUMBA  
JEWELL (25)

6:45P-7:30P  
POUND ROCKOUT!  
SHELIA (20)

6:00P-6:45P  
ZUMBA  
JEWELL (20)

6:30P-7:20P  
AQUA CARDIO  
BLAST  
SHELIA (25)

10:15A-11:15A  
TOTAL BODY BURN  
ANGELA (17)

## 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 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.

**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!

**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 infections, energizing, and sweat-dripping fun of playing the drums!

**POWER UP:** Having stronger, leaner muscles can bring you ll 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.

**TRX CIRCUIT:** This workout will use our TRX training system on the YARD! Ever tried a suspension training workout? Come join us for a total body, core igniting TRX circuit style workout!! TRX training uses your body weight in conjunction with the TRX straps to train and engage all muscles of the body!

**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.

**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 BOARDS FLOAT FIT:** Experience Float Fit the world's first floating exercise Mat. Join a fun & effective exercise class ON the water! This is a 30-45m low impact class giving 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 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 FUSION:** This class is a mixture of Aqua Zumba and toning! Come get a 50min. power packed workout of cardio to strengthen the heart then noodle and resistance work to strengthen the body!

**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.