

# CLAY MADSEN RECREATION CENTER

## GROUP EXERCISE SCHEDULE WINTER 2023

1/3/2023-3/18/2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00A-9:00A TORCHY TABATA TERI (15)	8:00A-8:45A TRX CIRCUIT MELANIE (16)	8:00A-8:45A HIIT MELANIE (15)	8:00A- 8:45A BOOTCAMP KATHY (20)	8:30A-9:15A RE-CYCLE SHERRY (9)
8:30A-9:20A DEEP WATER JEN S. (25)	8:30A-9:20A AQUA FUSION MARIA (30)	8:30A-9:20A AQUA BURN TERI (25)	8:30A-9:20A DEEP WATER JEN S. (25)	8:30A-9:20A AQUA BURN TERI (25)
9:30A-10:20A AQUA FUSION JEN S. (30)	9:15A-10:30A YOGA ONE 15 ALEJANDRA (16)	9:00A-10:00A RELAXING FLOW YOGA ALEJANDRA (16)	9:30A-10:20A AQUA FIT JEN S. (30)	9:30A-10:20A AQUA POWER INTERVALS TERI (30)
9:30A-10:15A ROCKILATES TERI (15)	9:30A-10:20A AQUA BATA MARIA (30)	9:30A-10:20A AQUA POWER INTERVALS TERI (30)	9:30A-10:30A ROCKILATES & ROLL TERI (15)	9:30A-10:30A BREATHE, STRETCH, & SMILE ALEJANDRA (18)
		10:15A-11:15A CHAIR YOGA ALEJANDRA (16)		10:45A-11:30A YIN YOGA ALEJANDRA (16)
5:30P-6:15P TORCHY TABATA TERI (15)	5:30P-6:30P CYCLE YOGA FUSION KATHY (9)	5:30P-6:30P CORE, FLEX & STRETCH JEWELL (20)	5:30P-6:15P CYCLE STRENGTH KATHY (9)	9:00A-10:00A TOTAL BODY BURN ANGELA (20)
6:30P-7:30P ZUMBA THOMAS (30)	6:00P-7:00P AQUA ZUMBA+ JEWELL (25)		6:00P- 7:30P ROCK ACTIVE GAINZ JEREMY (8) \$\$\$ 1/19/23-2/23/23	10:15A-11:00A CORE & MORE ANGELA (20)
	6:00P- 6:45P TRX CIRCUIT MELANIE (16)		6:30P-7:30P ZUMBA THOMAS (30)	

\*UPDATED 01/12/2023

## 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.

**BOOTCAMP:** THIS IS A TOTAL BODY WORKOUT DESIGNED TO ENGAGE ALL THE MUSCLES IN THE BODY USING CARDIO AND STRENGTH TRAINING TO TONE THE BODY AND STRENGTHEN THE HEART .

**CHAIR YOGA:** GROUND YOUR MIND AND BODY WITH THIS CLASS THAT IMPROVES FLEXIBILITY AND INCREASES STRENGTH AND BODY AWARENESS.

**CORE & MORE:** FOCUSING ON THAT MID-SECTION IS NOT THE ONLY AREA OF CORE THIS CLASS WILL WORK. COME AND BE CHALLENGED WORKING THE ENTIRE CORE...AND MORE!

**CORE, FLEX & STRETCH:** THIS CLASS IS FOR ALL FITNESS LEVELS WANTING TO MOVE MORE. IT WILL INCLUDE EXERCISES FOR YOUR CORE, FLEX YOUR MUSCLES WITH HAND HELD WEIGHTS AND CARDIO. THE CLASS WILL OFFER A FULL BODY STRETCH AND FOAM ROLLING TO REJUVENATE YOUR MIND AND ENERGY.

**CYCLE STRENGTH:** THIS RIDE WILL INCORPORATE VARYING 5 MINUTE INTERVALS ON THE BIKE, AND USING DUMBBELLS, DOING 5-6 MINUTE OF FULL BODY STRENGTH TRAINING OFF THE BIKE.

**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!

**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 FLOW YOGA:** A GENTLE FLOW YOGA CLASS TO RELEASE TENSION FROM THE BODY AND MIND.

**ROCKILATES:** THE CORE IS THE FOUNDATION THAT SUPPORTS YOUR BODY, IF WEAK, IT COULD AFFECT STRENGTH, BALANCE AND FLEXIBILITY. LET'S SCULPT A ROCK-SOLID CORE UTILIZING BODY WEIGHT, RESISTANCE EQUIPMENT AND END WITH STRETCHING, ELONGATING AND RELAXATION OF THE MUSCLES.

**ROCKILATES & ROLL:** THE CORE IS THE FOUNDATION THAT SUPPORTS YOUR BODY, IF WEAK, IT COULD AFFECT STRENGTH, BALANCE AND FLEXIBILITY. LET'S SCULPT A ROCK-SOLID CORE UTILIZING BODY WEIGHT, RESISTANCE EQUIPMENT AND END WITH STRETCHING, ELONGATING AND RELAXATION OF THE MUSCLES.

**RE-CYCLE:** THIS CARDIO MUSIC-PUMPING CYCLE CLASS IS DESIGNED TO KEEP YOU MOVING BY ALLOWING YOU TO (RE)QUEST MUSIC THAT MOTIVATES YOU TO CYCLE!

**SCULPT THAT BODY:** DESIGNED TO STRENGTHEN AND TONE THE MAJOR MUSCLE GROUPS WITHIN THE BODY WHILE INCREASING BONE DENSITY, IMPROVING BALANCE, FLEXIBILITY AND RANGE OF MOTION. CONCLUDING WILL FULL BODY STRETCHING AND ELONGATING THE MUSCLES.

**TORCHY TABATA:** A FORM OF HIGH-INTENSITY PHYSICAL TRAINING IN WHICH VERY SHORT PERIODS OF EXTREMELY DEMANDING ACTIVITY ARE ALTERNATED WITH SHORTER PERIODS OF REST, TYPICALLY OVER A PERIOD OF FOUR MINUTES

**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.

**YIN YOGA:** SLOW-PACED YOGA WHERE YOU'LL BE HOLDING POSES FOR LONG PERIODS, AIMING TO STRETCH AND LENGTHEN DEEPER TISSUES WHILE BREATHING.

**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.

## YARD CLASS DESCRIPTIONS:

**TRX CIRCUIT:** THIS WORKOUT USES 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!

## ROCK ACTIVE GAINZ (FEE BASED CLASS)

**ROCK ACTIVE GAINZ:** THIS YARD CLASS IS A PROGRAM WHERE YOU WILL FIRST LEARN THE PROPER LIFTING TECHNIQUES OF THE 3 MAIN LIFTS: BENCH PRESS, SQUAT, AND DEADLIFT. THIS IS A PROGRAM DESIGNED IN 6 WEEK SESSIONS WITH THE GOAL OF GAINING STRENGTH, INCREASE LIFTING TECHNIQUE, BUILDING CONFIDENCE, AND REACHING A NEW PERSONAL RECORD AT THE END OF EACH 6 WEEK SESSION! \$70

## AQUA CLASS DESCRIPTIONS:

**AQUA BATA:** A HITT (HIGH INTENSITY INTERVAL TRAINING) WORKOUT. IT CONSISTS OF TIMED INTERVALS OF MAXIMAL EFFORT FOLLOWED BY A SHORTER REST PERIOD. IT IS A WORK AT YOUR OWN INTENSITY CLASS AND IS APPROPRIATE FOR ALL FITNESS LEVELS

**AQUA BURN:** THIS CLASS IS DESIGNED FOR THE EARLY MORNING AQUA BIRDS. GET READY TO FEEL THE MUSCLES BURN WHILE WORKING AGAINST THE RESISTANCE OF THE WATER. RESISTANCE EQUIPMENT WILL BE INCORPORATED INTO THE WORKOUT. CLASS WILL CONCLUDE WITH BALANCE, FLEXIBILITY, STRETCHING AND YOGA POSES.

**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 NODDLE AND RESISTANCE WORK TO STRENGTHEN THE BODY!

**AQUA POWER INTERVALS:** THIS ISN'T YOUR AVERAGE CARDIO CHOREOGRAPHY CLASS! GET READY TO JOIN THE AQUA POWER PARTY AS WE INCORPORATE HIGH INTENSITY INTERVALS, STRENGTH TRAINING, HEART PUMPING MOVEMENTS USING THE BUOYANCY OF THE WATER AND RESISTANCE EQUIPMENT. ALL EXERCISES CAN BE MODIFIED SO ALL LEVELS CAN PARTICIPATE. CLASS WILL CONCLUDE WITH BALANCE, FLEXIBILITY STRETCHING AND YOGA POSES.

**AQUA ZUMBA±:** THIS CLASS IS SPLIT INTO 30 MINUTE SECTIONS. THE FIRST 30 MIN. WILL BE 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. WHILE THE LAST 30MIN IS ABOUT STRENGTHENING AND TONING!!

**DEEP WATER:** THIS AQUA CLASS WORKOUT IS IN THE DEEP END OF THE POOL. YOU WILL USE FLOTATION IN THE DEEP END OF THE POOL WHILE GETTING A WELL ROUNDED WORKOUT OF INTENSE CORE WORK, CARDIO, AND STRENGTH TRAINING!

## GROUP EX POLICIES

- LATE ADMITTANCE POLICY: 5 MIN. FOR LAND, 10 MIN. FOR AQUA, AND FOR MIND BODY CLASSES THERE IS NO LATE ADMITTANCE. YOU MUST HAVE A CARD TO ENTER A LAND GROUP EX CLASS OR A BRACELET TO ENTER A WATER GROUP EX CLASS.
- CARDS WILL BE HANDED OUT 15MIN PRIOR TO CLASS AND FOR AQUA: BANDS WILL BE HANDED OUT 20 MIN BEFORE CLASS.
- YOU MUST HAVE A CARD TO ENTER A LAND GROUP EX CLASS OR A BRACELET TO ENTER A WATER GROUP EX CLASS

**\*\*STAY UP TO DATE ON CANCELLATIONS AND SUBS BY JOINING OUR FACEBOOK GROUP: ROCKACTIVE**

