





































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM - 8:50AM <b>CM HIIT</b> MEETING ROOM TERI (15) 	8:00AM - 8:50AM <b>ULTIMATE</b> <b>CONDITIONING</b> MEETING ROOM MARCELLUS (20) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	8:00AM - 8:50AM <b>YOGA</b> MEETING ROOM ALEJANDRA (18) 	8:00AM - 8:50AM <b>BARRE ABOVE®</b> MEETING ROOM CHRISTA (20) 	8:00AM - 8:50AM <b>CYCLE STRENGTH</b> CYCLE ROOM KATHY (10) 
8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	9:00AM - 9:50AM <b>YOGA</b> MEETING ROOM ALEJANDRA (18) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	8:30AM - 9:20AM <b>AQUA FIT</b> POOL TERI (25) 	9:00AM - 9:50AM <b>CM DANCE</b> MEETING ROOM ANGELA (40) 
9:00AM - 9:50AM <b>PILATES</b> MEETING ROOM TERI (15) 	9:00AM - 9:50AM <b>CORE &amp; STRENGTH</b> MEETING ROOM ALEJANDRA (20) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (30) 	9:00AM - 9:50AM <b>CM HIIT</b> MEETING ROOM JOE (20) 	9:00AM - 9:50AM <b>YOGA</b> MEETING ROOM ALEJANDRA (20) 	10:00AM - 10:50AM <b>ULTIMATE</b> <b>CONDITIONING</b> MEETING ROOM ANGELA (25) 
9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	10:15AM - 11:05AM <b>CHAIR YOGA</b> MEETING ROOM ALEJANDRA (18) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL HEATHER (35) 	9:30AM - 10:20AM <b>AQUA FIT</b> POOL TERI (30) 	11:00AM - 11:50AM <b>XTREME HIP HOP®</b> MEETING ROOM LATISHA (24) 
10:15AM - 11:05M <b>CM HIIT</b> MEETING ROOM JOE (20) 	10:15AM - 11:05AM <b>ULTIMATE</b> <b>CONDITIONING</b> MEETING ROOM JOE (11) 	5:30PM - 6:20PM <b>XTREME HIP HOP®</b> MEETING ROOM LATISHA (24) 	10:15AM - 11:05AM <b>PILATES</b> MEETING ROOM TERI (15) 	10:15AM - 11:05AM <b>BURN CAMP</b> YARD MARCELLUS (24) 	
5:30PM - 6:20PM <b>XTREME HIP HOP®</b> MEETING ROOM LATISHA (24) 	3:00PM - 3:50PM <b>AQUA FIT</b> POOL HEATHER (35) 		12:00PM - 12:50PM <b>CM HIIT</b> YARD MARCELLUS (24) 		
	6:00PM - 6:50PM <b>CM CYCLE &amp; YOGA</b> CYCLE ROOM KATHY (10) 		3:00PM - 3:50PM <b>AQUA FIT</b> POOL HEATHER (35) 		
			5:30PM - 6:20PM <b>XTREME BURN®</b> MEETING ROOM LATISHA (24) 		
			6:30PM - 7:20PM <b>ZUMBA®</b> MEETING ROOM JARVIER (35) 		



 **RESERVE YOUR  
SPOT ONLINE**

	Strength & Conditioning
	Cardio & Dance
	Mind & Body
	Aqua Aerobic
	Cycle

### STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, high-intensity cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness. From weight training and TRX circuits to HIIT, barre, and total-body workouts, each class challenges and transforms your body while incorporating recovery for optimal results.



### CARDIO & DANCE



Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. From the uplifting Cardio Party to the intense Xtreme Burn, each class keeps you moving and burning calories. Xtreme Hip Hop and Zumba add fun, rhythm, and interval training for an exciting way to boost endurance and fitness.



### MIND & BODY



Our mind-body classes focus on flexibility, strength, balance, and relaxation. Breathe, Stretch, & Smile aids recovery. Chair Yoga offers a gentle, inclusive option, and Relaxing Flow Yoga and Yin Yoga help release tension and deepen flexibility. Each class promotes overall well-being through mindful movement.



### AQUA FITNESS



Our Aqua Fitness classes combine water resistance with strength, cardio, and flexibility for a full-body, low-impact workout. From high-energy Aqua Boxing and Aqua Power Intervals to strength-focused Aqua Burn and Aqua Power Zone, each class challenges endurance while protecting your joints. Aqua Fit offers a beginner-friendly option, while all classes incorporate balance, core work, and stretching for total-body conditioning.



### CYCLE



Our fusion cycling classes offer a balanced mix of cardio, strength, and recovery. Cycle Strength alternates high-energy cycling with full-body dumbbell training, while Cycle Yoga Fusion combines intense intervals with yoga stretches to enhance flexibility and prevent overuse injuries. Perfect for all fitness levels, these classes build endurance, strength, and mobility.



### ADVANCED FITNESS CLASSES



Please see **Advanced Fitness Class** schedule for more information and current offerings.

**Clay Madsen Recreation Center Members can NOW reserve their spot in Group Exercise Classes!**

**To reserve your spot, you MUST have an ACTIVE CMRC membership AND be 16 years or older.**

**Reservations can be made UP to TWO DAYS in ADVANCE, beginning at 5AM.**

**Reservations can be made ONLINE, IN PERSON, or over the PHONE.**

**Registered members who fail to check in within 5 minutes of the class start time will forfeit their spot.**

CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS AND MODIFICATIONS WILL BE TAUGHT.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30PM - 7:30PM <b>GAINZ</b> YARD MARCELLUS	6:30AM - 7:30AM <b>GRIT60</b> MEETING ROOM/YARD HEATHER (8)	8:30AM - 9:15AM <b>ELITE</b> CYCLE ROOM MARCELLUS (6)	6:30AM - 7:30AM <b>GRIT60</b> MEETING ROOM/YARD HEATHER (8)
	12:45PM - 1:45PM <b>GRIT60</b> MEETING ROOM/ YARD HEATHER (8)		12:45PM - 1:45PM <b>GRIT60</b> MEETING ROOM/ YARD HEATHER (8)



### GRIT60



**GRIT60** is designed exclusively for women looking to build strength, confidence, and endurance in a supportive, empowering environment. This 4-week program focuses on progressive overload in major lifts, helping you increase muscle tone, improve functional fitness, and develop full-body strength while incorporating high-intensity conditioning workouts to reinforce those gains.



### GAINZ



Intimidated by weight training? Experience and learn the benefits in this **Gainz Class**. This specialized group training class will focus on weight training where you will learn the fundamentals of the three main lifts: Bench Press, Squat, and Deadlift. In this 6-week session, you will master proper technique, gain strength, build confidence, and achieve new personal records. All fitness levels are welcome.



### ELITE



**ELITE** is a small-group training class designed to challenge participants and enhance their overall athleticism. This high-intensity program bridges the gap between strength, balance, and functional movement through a dynamic mix of strength training, plyometrics, and cardio.



Strength & Conditioning

ALL ADVANCED FITNESS CLASSES ARE FEE BASED AND REQUIRE PAYMENT AT TIME OF REGISTRATION.