





































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM - 8:50AM CM HIIT MEETING ROOM TERI (15) 	8:00AM - 8:50AM ULTIMATE CONDITIONING MEETING ROOM MARCELLUS (20) 	8:30AM - 9:20AM AQUA FIT POOL TERI (25) 	8:00AM - 8:50AM YOGA MEETING ROOM ALEJANDRA (18) 	8:00AM - 8:50AM BARRE ABOVE® MEETING ROOM CHRISTA (20) 	8:00AM - 8:50AM CYCLE STRENGTH CYCLE ROOM KATHY (10) 
8:30AM - 9:20AM AQUA FIT POOL HEATHER (35) 	8:30AM - 9:20AM AQUA FIT POOL HEATHER (35) 	9:00AM - 9:50AM YOGA MEETING ROOM ALEJANDRA (18) 	8:30AM - 9:20AM AQUA FIT POOL TERI (25) 	8:30AM - 9:20AM AQUA FIT POOL TERI (25) 	9:00AM - 9:50AM CM DANCE MEETING ROOM ANGELA (40) 
9:00AM - 9:50AM PILATES MEETING ROOM TERI (15) 	9:00AM - 9:50AM CORE & STRENGTH MEETING ROOM ALEJANDRA (20) 	9:30AM - 10:20AM AQUA FIT POOL TERI (30) 	9:10AM - 10:00AM CM HIIT MEETING ROOM JOE (20) 	9:00AM - 9:50AM YOGA MEETING ROOM ALEJANDRA (20) 	10:00AM - 10:50AM ULTIMATE CONDITIONING MEETING ROOM ANGELA (25) 
9:30AM - 10:20AM AQUA FIT POOL HEATHER (35) 	9:30AM - 10:20AM AQUA FIT POOL HEATHER (35) 	10:15AM - 11:05AM CHAIR YOGA MEETING ROOM ALEJANDRA (18) 	9:30AM - 10:20AM AQUA FIT POOL HEATHER (35) 	9:30AM - 10:20AM AQUA FIT POOL TERI (30) 	11:00AM - 11:50AM XTREME HIP HOP® MEETING ROOM LATISHA (24) 
10:15AM - 11:05M CM HIIT MEETING ROOM JOE (20) 	10:15AM - 11:05AM ULTIMATE CONDITIONING MEETING ROOM JOE (11) 	5:30PM - 6:20PM XTREME HIP HOP® MEETING ROOM LATISHA (24) 	10:15AM - 11:05AM PILATES MEETING ROOM TERI (15) 	10:15AM - 11:05AM BURN CAMP YARD MARCELLUS (24) 	
5:30PM - 6:20PM XTREME HIP HOP® MEETING ROOM LATISHA (24) 	3:00PM - 3:50PM AQUA FIT POOL HEATHER (35) 		12:00PM - 12:50PM CM HIIT YARD MARCELLUS (24) 		
	6:00PM - 6:50PM CM CYCLE & YOGA CYCLE ROOM KATHY (10) 		3:00PM - 3:50PM AQUA FIT POOL HEATHER (35) 		
			5:30PM - 6:20PM XTREME BURN® MEETING ROOM LATISHA (24) 		
			6:30PM - 7:20PM ZUMBA® 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 GAINZ YARD MARCELLUS 	6:30AM - 7:30AM GRIT60 MEETING ROOM/YARD HEATHER (8) 	8:30AM - 9:15AM ELITE CYCLE ROOM MARCELLUS (6) 	6:30AM - 7:30AM GRIT60 MEETING ROOM/YARD HEATHER (8) 
	12:45PM - 1:45PM GRIT60 MEETING ROOM/ YARD HEATHER (8) 		12:45PM - 1:45PM GRIT60 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.