



COMMUNITY & RECREATION CENTER  
AT BOYCE MAYVIEW PARK

## Fitness and Aquatics Group Exercise Schedule

Session IV, November 28, 2016 - December 25, 2016

Time	Class	Instructor	Location
<b>Monday</b>			
5:45-6:45 AM	Cycling \$	Wendi	Studio 2
8:15-9:15 AM	Zumba Gold Sculpt*	Lori	Studio 2
9:00-9:30 AM	Water Walking (+)	Anne	Res Chan
9:00-10:00 AM	Pilates Reformer II \$	Diane	Studio 1
9:15-10:15 AM	Butz & Gutz	Cari L.	Gym 2A
9:30-10:15 AM	Deep Sea \$	Anne	Lap Pool
9:30-11:00 AM	Kick Fit (\$ Cycle)	Kari R.	Studio 2
10:30-11:30 AM	Mat Pilates *	Diane	Lounge
10:30-11:30 AM	TRX \$	Michele	Gym 2A
10:30-11:30 AM	Step & Sculpt*	MaryAnn	Studio 1
11:00-11:45 AM	Gentle Movement \$	Anne	Lap Pool
12:00-1:00 PM	Power Flow Yoga \$	Lisa	Studio 1
12:15-1:00 PM	Tai Chi*	Anne	Studio 2
12:00-1:00 PM	Boomer Bootcamp*	Gail	Gym 2A
1:15-2:15 PM	Strong Bodies/ Bones*	Anne	Studio 2
4:25-5:25 PM	Power Flow Yoga \$	Heather B.	Studio 1
5:30-6:30 PM	Power Hour	Maura	Gym 2A
5:30-6:30 PM	Restorative Yoga\$	Denise	Studio 1
6:35-7:35 PM	Barre-Pilates Fusion	Lori	Studio 1
6:30-7:30 PM	Dance Cardio Fitness*	Kelly	Studio 2
6:30-7:30 PM	TRX \$	Maura	Gym 2A
7:15-8:00 PM	Aqua Interval \$	Colleen	Lap Pool
<b>Tuesday</b>			
5:40-6:40 AM	Athlete's Work-Out	Sharon	Gym 2 A&B
5:45-6:45 AM	Cycling \$	Kari R.	Studio 2
8:15-9:15 AM	Piloxing	Lori	Studio 2
9:15-10:15 AM	Cardio Craze	Maura	Gym 2 A&B
9:00-10:00 AM	Pilates Reformer I \$	Diane	Studio 1
9:30-10:30 AM	Cycling \$	April D.	Studio 2
10:00-11:00 AM	Aqua Boot Camp	Amy	Lap Pool
10:00-11:00 AM	Mat Pilates*	Diane	Studio 1
10:30-11:30 AM	Power Hour	Maura	Gym 2A
11:00-12:00 PM	Barre-Pilates Fusion	Diane	Studio 2
11:00-11:30 AM	Hydro Strength	Amy	Lap Pool
11:30-12:15 PM	Senior Fit*	Gail	Studio 1
12:30-1:30 PM	Pilates Reformer II \$	Janna	Studio 1
3:00-4:00 PM	Meditation	Heather F.	Studio 1
5:30-6:30 PM	P90X Live	Samantha	Gym 2A
5:30-6:30 PM	Dance It Out*	Ashley	Studio 2
6:30-7:30 PM	Power Flow Yoga \$	Carla	Studio 1
6:30-7:45 PM	The Good Fight	Sharon	Gym 2A
<b>Wednesday</b>			
5:45-6:45 AM	Cycling \$	Mike	Studio 2
8:15-9:15 AM	Zumba Gold Sculpt*	Gail	Studio 2
8:15-9:15 AM	Pilates Reformer I \$	Diane	Studio 1
8:30-9:15 AM	Aqua HIIT	Aliceson	Lap Pool
9:30-10:30 AM	Cycling \$	April D.	Studio 1
9:15-10:15 AM	Total Body Sculpt	Michele	Gym 2A
9:30-10:30 AM	Aqua Boot Camp	Amy	Lap Pool
9:30-10:45 AM	Cardio Kick Boxing*	MaryAnn	Studio 2
9:30-10:45 AM	All Levels Yoga \$	Denise	Lounge
10:00-10:45 AM	Peak Performance \$	Kari R.	Fitness Floor
10:30-11:00 AM	Hydro Strength	Amy	Lap Pool
10:30-11:30 AM	Kettlebell Cardio	Cari L.	Gym 2A
11:00-12:00 PM	Step & Sculpt*	Maryann	Studio 1
11:00-12:00 PM	Surf and Turf	Kari R.	Lap Pool
12:00-1:00 PM	Zumba Gold*	Linda	Studio 2
12:00-1:00 PM	Boxing	Ian	Gym 2A
6:30-7:30 PM	Super Circuit	Liz	Gym 2A
6:30-7:30 PM	Dance Cardio Fitness*	Kelly	Studio 2
7:15-8:00 PM	Aqua Interval	Colleen	Lap Pool

Time	Class	Instructor	Location
<b>Thursday</b>			
5:45-6:45 AM	Athlete's Workout	Ron	Gym 2 A&B
5:45-6:30 AM	Strength for Cycling*	Wendi	Studio 2
8:30-9:30 AM	Prenatal Yoga/All Levels \$	Heather B.	Studio 1
9:15-10:15 AM	Cardio Craze	Kari R.	Gym 2 A&B
9:30-10:30 AM	Cycling \$	April D.	Studio 2
9:30-10:30 AM	Pilates Reformer II \$	Diane	Studio 1
9:30-10:00 AM	Hydro Strength	Amy	Lap Pool
10:00-11:00 AM	Aqua Boot Camp	Amy	Lap Pool
10:30-11:00 AM	AB Blast	April D.	Studio 2
10:30-11:30 AM	TRX \$	Kari R.	Gym 2A
10:30-11:30 AM	H.I.I.T.	Elizabeth	Gym 2B
11:30-12:15 PM	Senior Fit*	Amy	Studio 2
11:30-12:30 PM	Yoga Flow \$	Brittany	Studio 1
12:00-1:00 PM	Boomer Bootcamp*	Maura	Gym 2A
1:15-2:15 PM	Meditation 101*	Heather F.	Studio 1
5:15-6:15 PM	P90X Live	Samantha	Gym 2A
5:25-6:25 PM	Pilates Reformer II \$	Janna	Studio 1
6:30-7:30 PM	Insanity	Nicole	Gym 2A
6:30-7:00 PM	Water Walking	Sue	Res Chan
6:30-7:30 PM	Dance It Out*	Ashley	Studio 1
7:30-8:30 PM	Cycling \$	Mike	Studio 2
<b>Friday</b>			
5:45-6:45 AM	Cycling \$	Wendi	Studio 2
8:15-9:15 AM	Country Heat*	Nicole	Studio 1
8:30-9:00 AM	Tabata Boot Camp	Maura	Gym 2A
8:45-9:45 AM	Cycling \$	Mary	Studio 2
9:15-10:15 AM	Circuit	Michele	Gym 2A
9:30-10:00 AM	Water Walking	Amy	Res Chan
9:30-10:45 AM	Power Yoga \$	April J.	Studio 1
10:00-10:45 AM	Deep Sea \$	Liz	Lap Pool
10:00-11:00 AM	Barre-Pilates Fusion	Lori	Studio 2
10:30-11:30 AM	Kettlebell Cardio	Cari L.	Gym 2A
11:00-11:45 AM	Gentle Movement \$	Amy	Lap Pool
11:00-12:00 PM	Piloxing	Lori	Studio 1
11:00-12:00 PM	Zumba Gold*	Linda	Studio 2
12:00-1:00 PM	Cycling \$	Amy	Studio 2
12:00-1:00 PM	H.I.I.T.	Elizabeth	Gym 2A
12:15-1:00 PM	Boomer Balance Flexibility	Liz	Studio 1
<b>Saturday</b>			
6:45-7:45 AM	Aqua Boot Camp	Colleen	Lap Pool
8:00-9:00 AM	Power Flow Yoga \$	Carla	Studio 1
8:00-9:00 AM	Cardio Boot Camp	Ron	Gym 2 A&B
8:00-9:00 AM	Cycling \$	Mike/Wendi	Studio 2
9:00-10:00 AM	Cycling \$	Mary B	Studio 2
9:30-10:30 AM	Insanity	Dana	Studio 1
9:15-10:15 AM	Total Body Sculpt	Kari R.	Gym 2A
11:00-12:00 PM	Dance It Out*	Ashley	Studio 1
12:00-1:00 PM	Youth Boxing Training*	Ian	Studio 2
<b>Sunday</b>			
12:30-1:30 PM	P90X Live/Insanity	Samantha	Gym 2A
12:30-1:30 PM	PIYO (Pilates/Yoga)	Marissa	Studio 1
<b>Legend:</b>			
\$ Denotes a fee-based class. All paid classes require payment prior to attending.			
* Denotes \$5.00 drop-in fee for non-members.			
(+ ) Due to high levels of participation, participants must sign-in at control desk prior to beginning of class. A maximum of 15 participants.			
<b>Payment Options</b>			
o General Registration o Coupon Books o Daily Drop-In			

# Class Descriptions

**AB Blast:** A 30-minute class designed to strengthen your entire core. Utilizing a variety of equipment to target abdominals and lower back.

**All Levels Yoga:** Beginners and advanced welcome! This invigorating class allows you to mentally and physically strengthen yourself through posture work linked with Vinyasa for an energizing practice.

**Aqua Boot Camp:** A high-intensity water work-out with a variety of challenging strength and cardiovascular movements. Provides a high-intensity work-out for all. *\*Low Impact.*

**Aqua HIIT :** A high Intensity training in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for the duration of class. Suspension and weights will be optional .

**Aqua Interval:** In this heart-pumping 45 minute class, rotate through a variety of aerobic and strengthening exercises. *\*Low Impact.*

**The Athlete's Workout:** A fitness routine designed for the athlete in all of us! Using functional training/principles of athletic conditioning to challenge your physical mental limits.

**Barre-Pilates Fusion** This workout combines isometrics, low-impact interval training, and mat pilates to reshape, tone, and strengthen your muscles. Class time is split for barre and mat work.

**Boomer Bootcamp:** A combination of strength, aerobics, stability, and flexibility. This class uses a variety of equipment to expose participants to new exercises.

**Boxing & Youth Boxing:** This class is for those interested in learning the sport of boxing. Classes will consist of drills involving footwork, technique, power and speed. Youth Boxing for ages 13 years and older.

**Butz & Gutz:** This is a high energy, muscle conditioning class that tones and shapes your hips, thighs, glutes, and abdomen

**Cardio Boot Camp:** A combination of calisthenics, military-style drills, and athletic conditioning exercises to provide the ultimate calorie burn.

**Cardio Craze:** This is an "all cardio" exercise class. Get your heart rate up and burn calories with a high energy workout including styles such as tabata, HIIT, circuits, and more!

**Cardio Kick Boxing:** A unique high intensity class that combines kickboxing and core work to help develop muscle, tighten core, and improve cardio endurance.

**Cycling:** Let the instructor and the music motivate you over hills, jumps and various terrains for a high-intensity workout that is good for all fitness levels!

**Dance It Out:** This total body, cardio dance workout is paired with fun music and different styles of dance such as disco, hip hop, African, 80's, country, and more. Come join the party! *\*For all fitness levels.*

**Dance Cardio Fitness:** This is a high intensity aerobic dance fitness class where you will sweat it out to latin jams and today's hits!

**H.I.I.T. - High Intensity Interval Training** is a total body, heart pumping, aerobic and strength workout. This interval-based class combines full-body strength training with high intensity cardio designed to tone your body, improve endurance, strength, core and functional movement.

**Country Heat** - Step right in to this easy-to-follow, completely exhilarating, country dance inspired

**Deep Sea Aerobics:** This is a high-intensity work-out in the deep end of the pool. Flotation belts will keep you afloat while you perform aerobic & resistance training. *\*Low Impact.*

**Fitness Fusion:** This class changes format weekly. Experience a variety of classes such as Zumba, Pilates, Yoga, Piloxing, Barre, Cycling, Strength, and Aerobics.

**Gentle Movement:** Based off of the Arthritis Foundation guidelines, the objective of this class is to provide a safe and effective workout. All instructors are certified through the Arthritis Foundation. *\*Low Impact.*

**The Good Fight:** This work-out focuses on strengthening the body and building endurance. It consists of circuit training and MMA techniques.

**Hydro Strength:** Participants will experience a total body routine using multiple pieces of resistance training equipment. *\*Low Impact.*

**INSANITY®:** A high-intensity cardio driven class. Combining intervals of maximum intensity and rest periods. Cardio driven class.

**Jump Rope Class:** This 30 minute class is a cross between recess and bootcamp. You will work both upper and lower body while burning maximum calories. Have fun while learning new tricks with the jump rope!

**Kettlebell Cardio:** This class emphasizes on functional movements completed with proper form to safely improve strength and cardiovascular performance.

**Kick Fit:** A blend of the Kickboxing that you already love with cycling and high intensity interval training. This workout is fast paced, but modifications will always be given. Imagine cycling, a kickboxing sequence, followed by a series of drills, and full body resistance training. Cycle express: 9:30AM - 10:00AM Kick Fit & strength : 10:05AM - 11:00AM

**Mat Pilates:** A series of exercises designed specifically for the mat! Improve flexibility, lengthen muscles, improve balance, strengthen spine and low back, while creating mind-body awareness.

**Meditation 101:** Learn the foundation of breath meditation, mental focus and proper techniques behind chanting. All levels and ages welcome.

**P90X Live :** Power through full body strength training, cardio drills and core work to challenge and change your body.

**Pilates Reformer I & II:** In this small group class, each participant will use a special apparatus that allows different intensity levels and full range of motion for joints. You will be guided through a series of controlled exercises that are specifically tailored to your level and ability.

**Piloxing:** A unique & exciting interval class infused with boxing, pilates, and dance. It blends powerful boxing dynamics with strengthening pilates moves.

**Power Hour:** A full-body strength class following the beat of the music. Work-outs include step, weights, muscle endurance, and core training all in one class!

**Power Yoga :** All poses are linked with breathing to create a continuous quick paced flow work-out. Providing strength and flexibility exercise, this class is for intermediate or advanced yogis.

**Power Flow Yoga / Yoga Flow :** Transition from one position to the next, while creating an effective low-impact aerobic work-out. This class combines flexibility and strengthening exercises through a series of continuous movements.

**Prenatal Yoga:** If you're looking for a way to stay fit and relaxed while preparing for child birth, come and experience different breathing techniques, gentle stretching, and postural exercises in prenatal yoga. *\*Low Impact.*

**Restorative Yoga:** This class is a gentle, calming, therapeutic kind of yoga that uses props to support the body as it eases relaxation and balance. All levels welcome, including participants working with injury or sensitivity.

**Step & Sculpt:** A choreographed step aerobics class that will help you burn calories, tone your legs, and work your core.

**Surf and Turf:** This is a truly unique class! lap swimming will be combined with land exercises such as push ups, planks, squats, etc. This is the perfect class for those who love land workouts to experience the non-impact yet high intensity experience that water can bring. Workouts will always be a little different but challenging! Please bring a water bottle and goggles. Swimming experience is not necessary.

**Senior Fit:** A class designed for seniors to increase stamina, strength, joint range of motion, and flexibility in a fun and safe environment. *\*Low Impact.*

**Strength for Cycling:** An intense 45 minute strength workout specifically targeting the muscles used for riding. All levels welcome.

## Strong Bodies/ Strong Bones:

This joint friendly, bone hardening program strengthens the spine, hips, wrists and ankles. This workout is designed to improve bone density, reduce fractures and manage osteoporosis. You will work on balance and improve muscle tone with this class. All ages welcome!

**Super Circuit:** This circuit based class provides different exercises including full body strength, speed, endurance, and more. Choose your own intensity! Suitable for beginners to advanced fitness levels.

**T'ai Chi:** For health, balance and mental fitness. A Chinese martial art and form of meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance.

**Total Body Sculpt:** This class utilizes a variety of equipment to achieve the optimal full-body work-out. Come join this fun filled, abdominal toning, butt-firming, and arm strengthening class!

**TRX:** This specialty class is designed for you to use your body as the machine! Utilize gravity and your own bodyweight to perform exercises. Adjust your body position to increase or decrease the resistance of all exercises. This class puts your core strength to the test!

**Water Walking:** A great alternative for anyone who enjoys walking. Participants will utilize the resistance channel and perform a variety of aerobic exercises with and against the water current. *\*Low Impact.*

**Zumba Gold:** Zumba Gold takes the same exciting rhythms created in the original Zumba work-out and brings them to the active older adult, the beginner participant, or any one! No dance experience necessary.

**Zumba:** An aerobic fitness program featuring movements inspired by various styles of Latin American dance.

**Zumba Gold Sculpt:** This class is for seniors, beginners, or anyone wanting to add variety to their exercise program. Combining dance, weights, and core exercises through a dance party.

**Tabata Boot Camp** - A form of interval training designed to burn calories and build lean muscle. Exercises are performed for 8 rounds of 20 seconds high intensity work followed by 10 seconds of rest.