



# Group & Water Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
<b>Aerobic Studio</b>	9:15am	Body Fit Gena	Zumba® Rochelle	Core Condition Amy /Mindy	TBC Amy	Body Fit Amy			
	10:15am	Yoga -ALL Levels Rosemarie	PIYO Amy/Mindy	HIIT Tonia	Zumba® Stacy	TBC Ashley			
							9:00am	Zumba® Christy/Angela	
	5:00pm	Pilates Christy		Pilates Christine	Zumba® Annika		10:15am	BOSU® HIIT Carmen	
	5:30pm		Cardiokick Dawn				2:00pm		Zumba® Christy
	6:00pm	BOSU® HIIT Carmen			TBC Monica		3:00pm		Yoga Rosemarie
	6:30pm			Body Fit Katherine					
	7:00pm								
<b>Gym/Meeting Room</b>	5:15am	Boot Camp Tonia		Boot Camp Jeff		Boot Camp Jeff	9:30am	Fire Workout Rhynia***	
	8:00am	Fire Workout Rhynia***		Fire Workout Rhynia***					
	8:45am	Senior Fitness Amy		Senior Fitness Amy		Senior Fitness Tonia			
	9:00am								
	10:15am			Yoga Meri		Yoga Meri			
	5:30pm		Zumba® Angela	Fire Workout Rhynia***					
	6:00pm	Zumba® Angela	TBC @ 6:30pm Katherine						
	7:00pm		Yoga Tina		Yoga Tina				
<b>Spin®</b>	5:15am		Spinning® Tonia		Spinning® Rob		9:00am	Spinning® Christine	
	9:15am	Spinning® Michele	Cycle Michele	Spinning® Tonia	Cycle Gena	Spinning® Ashley	2:00pm		Spinning® Rob
	6:00pm	Spinning® Christy	Spinning® Crystal	Spinning® Rob	Spinning® Carmen				
<b>Water</b>	9:00am	Deep Water Donna		Deep Water Donna		Deep Water Donna			
	10:00am				Aqua Zumba Ginny				
	10:00am	Shallow Water Donna		Shallow Water Donna		Shallow Water Donna			

**PiYo™** A unique class combining yoga and Pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability – it doesn't get much better than that!

**Body Fit** - The ultimate class for all fitness levels who want to get an ALL-IN-ONE workout. This class incorporates a variety of equipment that will reshape your body and deliver cardio training to get your heart pumping.

**Core Conditioning** - A class consisting of stabilization techniques & strengthening for the whole body. Focusing on the entire core incorporating the abs, oblique's and lower back.

**Yoga** - This class is a great stress reducer by incorporating deep-breathing techniques and movements to increase flexibility, balance, & core strength.

**ALL Levels**– This class is for participants wanting to work on more advanced poses.

**Total Body Conditioning** - Strengthen your whole body using dumbbells, resistance bands, body bars, stability balls, and barbells!

**Zumba®/Latin Rhythm**- Turn up the music and groove! This class includes a variety of Latin dance rhythms working the entire body.

**Spinning®** - This indoor cycling class blends cycling techniques, sound training principles & expert coaching providing you with a training session that will burn calories, energize, challenge and inspire you. Designed for all ages & fitness levels. New riders are **STRONGLY ADVISED** to arrive 10 minutes early for individualized set up on a bike.

**Pilates** - Emphasis on the support and strengthening the "Power house". Intense engagement of the muscles in this area produces the dramatic results in posture and body shape.

**Boot Camp** - High energy class designed to provide an all over body conditioning.

**Cardiokick**-A full body workout that consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a cool-down.

**Senior Fitness** - 8:45am: 30 minutes of low impact aerobics; 9:15am: strength training, stretching & balance improvement . (1hr15 min. class)

**BOSU "HIIT"**– HIGH INTENSITY INTERVAL TRAINING– An entirely new way to train your body or take it to whole new level. HIIT will include cardio and strength intervals using the BOSU which will improve core stability and overall strength.

**Shallow Water** - A Fitness class designed to sculpt & firm muscles while improving balance, heart and lung function using 360 degrees of resistance. There is some impact.

**Deep Water** - Classes will increase core strength, stability, and stamina. This is an impact-free environment.

**Aqua Zumba** - The ultimate "Pool Party" A cardio and resistance workout to international music.

**Fire Workout** - an intense 45 minute workout that focuses on upper body, lower body, core, flexibility, balance, coordination, plyometrics, and cardiovascular principles. \*\*\* This is a paid class

**Instructors, formats, and location of classes are subject to change without prior notice.**

**All Spin participants are required to sign up at front desk before class starts.**

*Call the Bartlett Recreation Center at 385-6470 for more information.*

*Effective 5/22/2017*