



# Group & Water Exercise Schedule



	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday		Sunday	
	Time																					Time							
<b>Aerobic Studio</b>	8:00am					TBC Nicole																9:00am	Zumba® Christy/Angela						
	9:15am	Zumba® Christy		BodyFit Ashleigh		Cardio Jam Kristine		Core Condition Nicole		Body Fit Kristine												10:15am	BOSU® HIIT Carmen						
	10:15am	All Levels Yoga RoseMarie						Zumba® Stacy																					
	5:00pm	Pilates Christy				Pilates Monica		Zumba® Angela																					
	5:30pm			Cardiokick Sharon																				2:00pm	Zumba® Christy				
	6:00pm	BOSU® HIIT Carmen						Barre Burn Monica																3:00pm	Yoga Rebecca				
	6:30pm					Body Fit Katherine																							
	7:00pm	Barre Burn Katherine																											
<b>Gym/Meeting Room</b>	5:15am	Boot Camp Jessica				Boot Camp Jeff				Boot Camp Jeff																			
	8:00am			Fire Workout Rhynia***				Fire Workout Rhynia***																					
	8:45am	Senior Fitness Amy				Senior Fitness Monica				Zumba Gold® Marisa																			
	9:15am																												
	10:15am	Restorative Yoga Meri				Yoga Kelly				Yoga Meri																			
	5:00pm																												
	5:00pm	Gym Games for Kids		Gym Games for Kids		Gym Games for Kids		Gym Games for Kids																					
	6:00pm	Zumba® Angela		TBC @ 6:30pm Katherine		Zumba® Monica																							
7:00pm			Yoga Tina				Yoga Anne																						
<b>Spin®</b>	5:15am			Spinning® Stephanie				Spinning® Rob														9:00am	Spinning® Sharon						
	9:15am	Cycle Becky				Cycle Becky				Spinning® Mary												2:00pm			Spinning® Rob				
	6:00pm	Spinning® Rob		Spinning® Crystal		Spinning® Rob																							
<b>Water</b>	9:00am	Deep Water Donna				Deep Water Donna				Deep Water Donna																			
	10:00am	Shallow Water Donna				Shallow Water Donna				Shallow Water Donna																			
	9:15am			Deep Water Katie				Deep Water Katie																					
	10:15am			Shallow Water Katie				Shallow Water Katie																					

**Barre Burn**- Utilizing the ballet **barre** to perform small isometric movements set to fantastic music, **Barre Burn** is a total body workout that lifts your seat, tones your thighs, abs, and arms, and burns fat.

**Cardio Jam**- A full bodu hi/low impact workout incorporating simple dance and kickboxing moves that will torch calories while shaping & toning your muscles.

**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@/Zumba Gold**- 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**

**Gym Games** - Too old for childcare, yet too young to run around the Recreation Center by yourself? Join our drop-in program. Age appropriate activities provided in the gym for 2 hours. Our trained BRC staff will lead all of our activities. **Parents are required to sign children in and out each day. Remember - bring gym shoes.**

**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 1/1/2022

