

GROUP FITNESS SCHEDULE

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| Dates: May 1-31, 2025 | Classroom Key: Fitness Room |
| Break Week will run from June 29-July 6, 2025. | Spin Studio |
| <u>Want updates if a class is cancelled? Send a text to 81010 with the message: @therecf, and get updates through the Remind app!</u> | |

| Class Name | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|----------------|---------------|--------------|---------------|--------------|----------------|--------|
| Sunrise Yoga* (Jacqui) | | | | | | 7:30-8:30 AM | |
| Rise and Shine Yoga* (Karen B.) | | | 7:45-8:30 AM | | 7:45-8:30 AM | | |
| COREography (Valerie) | | 8:15-9:15 AM | | | | | |
| Pulse (Libby) | | 8:15-9:15 AM | | 8:15-9:15 AM | | 8:15-9:15 AM | |
| Weekend Warrior (Valerie) | | | | | | 8:15-9:15 AM | |
| Silver Sneakers Classic* (Patti) | 9-9:45 AM | | 9-9:45 AM | | | | |
| Silver Sneakers Classic* (Cece) | | | | | 11 AM-12 PM | | |
| LIFT (Libby) | | | | | | 9:30-10:30 AM | |
| TRX (Libby) | | 9:30-10:30 AM | | 9:30-10:30 AM | | | |
| Dance Party (Patti) | 10-10:45 AM | | 10-10:45 AM | | | | |
| JustDance (Liz) | | | | | | 10:45-11:30 AM | |
| Weighted Yoga* (Karen B.) | 11 AM-11:45 PM | | | | | | |
| Strike A Pose (Cece) | | 11 AM-12 PM | 11 AM-12 PM | 11 AM-12 PM | | | |
| Mindful Flow (Cece) | 4:15-5:15 PM | | | | | | |
| Mindful Flow* (Jacqui) | | | 4:15-5:15 PM | | | | |
| Spintensity (Stephanie) | 5:15-6:15 PM | | 5:15-6:15 PM | | | | |
| HIIT Strength (Karen K.) | | 5:45-6:45 PM | | | | | |
| PowerUp (Mary) | 5:45-6:45 PM | | 5:45-6:45 PM | | | | |
| HiPi (Valerie) | | | | 6-7 PM | | | |
| Steppin' Out (Mary R.) | | | 7-7:45 PM | | | | |

Classes marked with an * are recommended for Active Aging Adults.

Class Descriptions

COREography – Do you wish to have a stronger core and become more toned and flexible? Then this class is for you! Each class is different, as variety is the spice of life!

Dance Party – A combination of fun, upbeat dance moves, including genres from the Golden Oldies, Disco, Rock, Hip Hop, Country, and Latin. It will include some familiar line dances and is appropriate for all ages. Smooth soled sneakers recommended.

Fitness on Demand – Hundreds of various fitness schedules available at the push of a button on our TV screen in Room A. Fitness on Demand is included in all memberships. Access to Fitness on Demand at home remains an added perk for our Platinum memberships. Fitness on Demand is available whenever another class is not already in session. Fitness on Demand will also be available for a class typically offered in the Fitness Room when the usual instructor cannot teach and is unable to obtain a substitute instructor. Please see the front desk, and a Customer Service Associate can help you get your selected class started!

HIIT Strength – A rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Suitable for all fitness levels, as modifications are shown.

HiPi – High intensity interval training coupled with Pilates. Come join Valerie for head-to-toe toning and heart pumping fun!

JustDance – Elevate your fitness, confidence, and body awareness all in one! Music categories, including Pop, Hip Hop, Disco, 80s, 90s, and Latin, will be incorporated. This class focuses on health and having fun over perfection. Just bring comfortable shoes and some high energy to get started on your fitness journey.

LIFT – Build strength, add definition, increase bone density, and decrease body fat by INCREASING lean muscle. Using a variety of weight training equipment and techniques, change the shape of your body – every muscle, every Saturday, in one hour.

Mindful Flow* – Experience the relaxing and healing effects of mindful movement through flow yoga and take with you helpful tips for the deepening of your own mindful practice, on and off the mat.

PowerUp – Power up all your muscles, including your heart, in this workout! Shape, tone, and strengthen your body with weight training, and up your calorie burn with aerobic exercises.

Pulse (Spin Class) – Ride to the rhythm. This class mixes a variety of tempos and drills over one hour of great music!

Rise and Shine Yoga* – Begin your day with a gentle flow yoga mat class designed for all levels of practice. We will begin with a seated meditation followed by yoga asana, which will incorporate both floor and standing poses. This is a great way to enhance mindfulness, flexibility, and balance!

Silver Sneakers Classic* – This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, and a small fitness ball. Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. *If you have a Silver Sneakers membership, you can participate in this class free of charge.*

Spintensity (Spin Class) – Be ready to push yourself to the max with sprints, climbs, surges, jumps, jogs, and combos. This class will rev up your heart and get those endorphins going! Suitable for all fitness levels.

Steppin' Out – Get your heart pumping with step aerobics. Enjoy a low impact, moderate to high intensity cardio workout that will also improve your overall strength and flexibility.

Strike A Pose (Chair Yoga)* – Join us for a beginner level chair yoga class that offers more than just the basics! While you'll enjoy traditional chair yoga movements, be ready for a challenge with balance postures and variations of seated positions to build strength, flexibility, and stability. Perfect for all levels looking to explore new ways to move and improve body awareness!

Sunrise Yoga* – Sunrise Yoga returns to The Rec! What a nourishing way to begin your day!! Come join Mrs. Jacqui for Sunrise Yoga at the outdoor pavilion on Saturday mornings! This will be a time for meditation, breath work, and gentle movement. Please bring a mat/blanket if available; otherwise, they will be provided. Let's greet the day together!

TRX – *Participation in our Intro to TRX program is a pre-requisite to attending TRX class. Stay tuned into social media or ask the front desk about Intro to TRX program dates.* TRX stands for Total Body Resistance Exercise. It is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. It is versatile, suitable for all levels, improves cardio and strength, engages the whole body, and is low impact in nature. This class will meet in the back of the gym. Please bring your own mat to use.

Weekend Warrior – A fusion of yoga and Pilates, this class will help jumpstart your weekend. Become more toned and flexible, while improving your balance.

Weighted Yoga* – Intermediate chair yoga class that incorporates breath work, seated asana with an interval use of light hand weights, and standing balance. This class will bring a new perspective to your yoga practice by building endurance, flexibility, and strength.

- Fitness Classes are available to members with a Platinum Membership or with the purchase of a fitness pass.
- Fitness passes are \$25/month for members and include unlimited classes. Monthly, weekly, and daily fitness class passes are available for non-members. Passes may be purchased at the front desk.
- Please note all classes in the Fitness Room have a maximum capacity of 20 participants. Classes are on a first come, first served basis. Please plan your arrival accordingly.