



May Fitness Class Schedule



Classes are included with your daily admission! ***Indicates an additional charge***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45am	Caroline RevMaster	Sierra Bike Boot Camp	Caroline RevMaster	Sierra Bike Boot Camp	Caroline RevMaster	Not Available	Not Available
7:00-8:00am		Susan H. Yoga	Susan H. Yoga	Jackie Yoga	Christine NEW! Abs, Bells, and Mobility	Not Available	Not Available
7-8; 8-9	Susan A. ***Sunrise Yoga*** (Eolus)	Not Available	Not Available	Not Available	Sue G. 7:00-8:00 Yoga (Peaks)	Not Available	Not Available
8:15-9:15am	Christine RevMaster	Marilyn Cardio Cut Core	Christine Bike Boot Camp	Jo C Cardio Cut Core	Jo C/ Marilyn Body Sculpt	Not Available	Not Available
9:30-10:30am	Sue G. Silver Sneakers (Peaks)	Not Available	Sue G. Silver Sneakers (Peaks)	Not Available	Not Available	Not Available	Not Available
9:30-10:30am	Karen Chisel and Burn	Jen Full Body Blaster	Laura Beginning-Continuing Yoga	Charlotte Yoga	Laura Beginning-Continuing Yoga	Karen 9:45-11:00 Chisel and Burn	Not Available
10:45-11:45am	Marta Hatha Yoga	Jen Cardio Sculpt	Marty Tai Chi: Intermediate	Marta NEW! Yoga	Denise Tai Chi: All Levels	Karen 11:00-12:00 Dance Your Pants Off!	
12:00-1:00pm	Terri SET	Marie HIIT	Marty 11:45-12:15 Tai Chi: Beginner	Marie HIIT	Jen Friday Fit		
1:15-2:15pm	Jen Power Hour	Lynn Zumba®	Donald Low Impact Cycling & Strength	Lynn Zumba®	Jen Cycle.Sweat.Repeat		
2:30-3:30pm	Gwen Yoga	Jim Yoga	Heather Interm. Vinyasa Yoga	Kim Stretch, Strength, Core & More	Kathi Zumba® Gold		
4:00-4:30pm	Emmy 4:10-5:00 Bliss Dance Workout	Marilyn Extreme Buns & Legs	Joanna 4:20-5:20 Dance Fit	Marilyn Extreme Buns & Legs	Donald Cycle, Balance, & Strength		Sierra 4:00-4:45 Restorative Yoga, Meditation, & Sound Healing
4:30-5:00pm		Marilyn Extreme Abs		Marilyn Extreme Abs			
5:30-6:30pm	Bob Rock & Roll Rev	Karen 5:30-6:45 Chisel and Burn	Bob Rock & Roll Rev	Karen Dance Your Pants Off!	Gaby Slow Flow Yoga & Meditation	Not Available	Not Available
6:45-7:45pm	Jim Yoga	Dana 6:50-7:50 SHINE Dance Fitness	Sierra Restorative Yoga, Meditation, &	Jim Yoga	Kat Ladies' Night Out	Not Available	Not Available

ALL PATRONS must check-in at the Front Desk **BEFORE** every class.

ALL CLASSES will meet in the Aerobics Studio unless otherwise stated (Peaks or Amphitheater).

FITNESS CLASS PASSES are required for all classes meeting in the Peaks or Amphitheater, see the Front Desk.

Classes will fill based on a first-come, first-served basis.

Please arrive a few minutes early for all Cycling classes to get your bike set up & ready before start time!

Limited equipment will be available for classes, please bring your own water bottle & equipment whenever possible.

Patrons are required to disinfect any Recreation Center equipment before and after each use.

Indicates an additional charge Please Inquire at the Front Desk



Fitness Class Descriptions



Abs, Bells, and Mobility	This class will focus on dumbbell and resistance training to build full-body muscle endurance and strength along with fun and diverse core strength component. Class will end with mobility work. All levels welcome with modifications and advanced options available.
Beginning- Continuing Yoga	Hatha yoga for new and continuing students. Using mind, body and spirit to move through poses safely at your pace.
Bike Boot Camp	Cardio and Strength. A stimulating mix of interval and hill rides combined with arm and core workouts. Bike time and strength time will be balanced.
Bliss Dance Workout	Phenomenal fun, serious sweat! Bliss delivers a high energy and music-fueled dance workout that fuses all dance genres in one class!
Body Sculpt	A pure strength training class using limited equipment. A warm-up segment is followed by a calorie burning full-body workout using resistance.
Cardio Cut Core	A fun class that delivers a full body workout with 20 minutes of Tabata (HIIT) cardio, 20 minutes of sculpting, and 20 minutes of Pilates.
Chisel and Burn	Multitasking muscular endurance workout that includes weights, resistance bands, pilates balls and blocks, and the barre, with a stretch at the end.
Cycle, Balance, & Strength	This all level class combines traditional indoor cycling with a complete body workout that challenges balance, strength, and stability.
Cycle.Sweat.Repeat	Indoor cycling classes for all levels. Fun, upbeat music will keep you motivated to work up a sweat and keep you coming back for more!
Dance Fit	Dance Fit w/Joanna is a PEOPLE INSPIRED DANCE FITNESS PROGRAM that is a mix of explosive dancing with bootcamp style toning.
Dance Your Pants Off!	A high-energy, cardio dance workout to your favorite songs. Spans many styles and genres. Come prepared to sweat & dance like never before!
Extreme Abs	Thirty straight minutes of abdominal training exercises designed to chisel and strengthen the full range of your core muscles.
Extreme Buns & Legs	Thirty minutes of buns and leg training exercises designed to develop sleek, strong legs and sculpted glutes.
Friday Fit	Combination of cardio and strength training geared at improving your fitness. This full-body workout will leave you ready for the weekend!
Full Body Blaster	Full-body workout to enhance muscle definition, strength, and endurance in major muscle groups. Focus on the upper, lower, and core.
Hatha Yoga	The practice of yoga utilizing movement sequences, flows, and breath to help fatigue the body to relax the mind. Approximately 45-50 minutes of movement sequences for 10-15 of deeper stretch and Shavasana. Props are encouraged and all skill levels are welcome!
HIIT	High Intensity Interval Training! Get ready to sweat and burn calories as you increase your athletic performance, gain muscle and endurance.
Intermediate Vinyasa Yoga	This faster paced yoga class focuses on flowing movement, alignment, transitions and breath. We'll also play with inversions, core strength and balance.
Ladies' Night Out	Not just for ladies! Choreography across the floors unlocking your inner femme. Hip hop, jazz, burlesque, fusion, movement!
Low Impact Cycling & Strength	This class is perfect for beginners/returning to fitness, seniors, or a recovery day workout. A mix of time on the bike and strength building.
Mobility & Movement	Access your body's full range of motion. Lengthen, strengthen, and flow with body weights and mobility tools.
Power Hour	Offers a total body workout through circuit training, HIIT, bodyweight exercises, resistance training, plyometrics, and more.
Restorative Yoga, etc.	Restorative Yoga, Meditation, and Sound Healing: Connect to your inner being and release mind-body tension through a combination of yoga, meditation, and sound healing that encourages physical, mental, and emotional relaxation. Please bring a mat and/or blanket.
RevMaster	Interactive Cycling classes using stationary bikes for a great workout!
Rock & Roll Rev	Rock'nRoll Rev master Class is a full intense interval class utilizing Bobs vast "all-era" library of Rock'n Roll Music.
SET	Burn calories and firm muscles in this non-stop class that combines HIIT (High Intensity Interval Training) weight training and core strength.
SHiNE Dance Fitness™	SHiNE Dance Fitness™ is a cardio and toning class using popular music and choreography for all abilities. Open to all levels!
Silver Sneakers	Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. The class is modified depending on fitness levels. All are welcome; the class is NOT exclusive to those with Silver Sneakers memberships.
Slow Flow Yoga & Meditation	Reconnect to your body, mind, and soul with a more traditional approach to yoga. Practice breathwork, meditation, gentle yoga flows, and sound healing while also learning about yogic philosophy and mind-body science. Absolutely no experience required for this yoga class!
Stretch, Strength, Core & More	A full body, low impact class. Incorporates a variety of movements and styles; cardio, strength training, abdominal work and stretching. Emphasizes posture and proper breathing techniques. All levels welcome!
Tai Chi	Develop inner peace and internal energy through slow and controlled meditative movements. Incorporates Chi Kung.
Yoga	Learn basic poses, relaxation techniques, and pranayama breathing. The general yoga classes follow a Hatha or Vinyasa style.
Zumba®	A total workout combining all elements of fitness; cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of awesome!
Zumba Gold®	Zumba Gold® is perfect for beginning exercisers, Seniors, and anyone wanting major FUN at a less intense pace.