

GROUP EXERCISE SCHEDULE

Effective 1/2/07 - 2/17/07

Classes subject to change without notice

**Senior Fitness will resume 1/9/06

Molly Baker - Group Exercise Coordinator

www.thereccenteronline.com

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. Aquacise	8:30-9:20 a.m.		8:30-9:20 a.m.		8:30-9:20 a.m.	8:30-9:20 a.m.
P.M. Aquacise	5:30-6:20 p.m.		5:30-6:20 p.m.	5:30-6:20 p.m.		
Kick Boot		6:30-7:15 p.m.		6:30-7:15 p.m.		
Pi-Yo		4:30-5:15 p.m.		4:30-5:15 p.m.		
Senior Fitness**		11:00-12:00 p.m. 1:00-2:00 p.m.		11:00-12:00 p.m. 1:00-2:00 p.m.		
SilverSneakers® I Muscular Strength	9:45-10:30 a.m.		9:45-10:30 a.m.			
A.M. Step		6:00-6:40 a.m.		6:00-6:40 a.m.	6:00-6:40 a.m.	8:30-9:20 a.m.
P.M. Step	5:30-6:15 p.m.	5:30-6:15 p.m.	5:30-6:15 p.m.	5:30-6:15 p.m.		
Strength	6:30-7:10 p.m.			6:30-7:10 p.m.		
Stretch	7:15-7:45 p.m.			7:15-7:45 p.m.		

Class Descriptions & Prices

***All classes are 45 minutes in duration unless noted otherwise**

Aquacise

Aquacise classes meet in our heated pool. The classes incorporate water based aerobic and strengthening exercises. The water adds natural resistance which keeps exercises low-impact and helps strengthen muscle groups.

Kick Boot

Blast calories quickly and tone virtually every muscle in your body! This class is a great way to get leaner legs and abs and a great heart workout. Kickboxing, aerobics and toning are combined in one class with high-energy, heart-pounding music to get your heart rate up and your metabolism burning.

Pi-Yo

Pi-Yo is a hybrid workout combining mind and body practices such as yoga and Pilates as well as techniques of sport stretch and strength training through dynamic movements. Pi-Yo is an excellent way to tone up and reduce stress.

Senior Fitness

Attention seniors – This class is designed specifically for you! Senior fitness is broken down into 2 sections. Light senior fitness is for seniors with limited functional ability or decreased balance. Class includes light resistance as well as sitting and supported standing exercises. Moderate senior fitness is for the more active senior. Classes include floor exercises incorporating exercise balls and light free weights.

SilverSneakers® I – Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strength Class

Participants in this non-cardio / non-impact class stand, sit on Swiss balls, or lie on the floor while using light free weights, resistance tubing, medicine balls, and Exerbands to strengthen and tone muscle groups.

Step Aerobics

Step class participants receive an excellent cardiovascular workout during class. Participants use an adjustable step to determine the impact of their workout. Participants learn choreography while listening to fast paced

exciting music. Free weights, medicine balls, and abdominal work are also incorporated during step aerobic classes.

Stretching Class

Stretch is a 30 minute class which follows Strength class. Stretch and loosen muscle groups while improving your overall flexibility.

Program Cost

<u>Class</u>	<u>Member Price</u>	<u>Non-Member Price</u>
Aquacise	\$24	\$48
Kick Boot	\$18	\$36
Pi-Yo	\$18	\$36
Senior Fitness	FREE	FREE
SilverSneakers® I	\$8	\$16
Step Aerobics	\$24	\$48
Strength Class	\$18	\$36
Stretching Class	\$18	\$36

❖ **Starting January 2nd babysitting is available from 4:30 p.m. – 6:30 p.m. on Monday, Tuesday and Thursday.**

❖ **Register for 2 classes and receive 10% the total due
OR**

Purchase a group fitness pass and enjoy unlimited classes - \$45 for members and \$80 for non-members

Visit us online -

www.thereccenteronline.com (319) 385-2960