

Group Fitness Schedule – Land & Water Aerobics

Holladay-Lions Fitness & Recreation Center
 1661 E. Murray-Holladay Road, (385)468-1700
 2017 Winter Group Fitness Schedule –effective January 1st

Monday	5:45am	8am	9:05-10:25am		10:30am		5:30pm	6:30pm	6:30pm
	Cardio Interval Becki	Zumba Kristen	Cycle & Tone Shelly P		Yoga Carolyn		★ Boot Camp Tara	Zumba Patti	Yoga Aleinna (Small)
Tuesday	5:45am	8am	9am	9am	10am	10am	5:30pm	6:30pm	
	Sports Cycle Shannon	Muscle Shelly	Yoga Becki (Small)	Zumba Shelly	Pilates Becki (Small)	Get Fit Laura	Muscle Michelle	Zumba Sue	
Wednesday	7am	8am	9:05-10:25am		10:30am		5:30pm	6:30pm	6:30pm
	Cycle Jacque	Zumba Toning Shelly S	Cycle & Tone Shannon		Yoga Carolyn		Cycle Sarah	Zumba Maysa	Gentle Yoga Rolf (Small)
Thursday	5:45am	8am	9am	9am	10am	10am	4:00pm	5:30pm	6:30pm
	Sports Cycle Shannon	Muscle Barb	Yoga Barb (Small)	Zumba Becki	Pilates Becki	Get Fit Laura (Small)	★ Yin Yoga Carolyn	Muscle Michelle	Zumba Katie
Friday		8am	9:05-10am		10:30am				
		Zumba Maysa	R.I.P.P.E.D Kristen		Yoga Laura				
Saturday	7:15am	7:30am	8:30a	8:30a	9:30am				
	Cycle Shannon	Muscle Tara (Small)	Zumba Sue	Yoga Laura (Small)	Circuits Laura				
Sunday	10:30am	11:45am							
	Yoga Elizabeth	BollyX Masuda/ Linda							

★ *New!

Water Aerobics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Aqua Jazz-high Raelene	Arthritis Raelene	Aqua Jazz-high Shirley	Arthritis Raelene	Aqua Jazz-high Shirley	Aqua Jazz-high (9am) Shirley	
10am	Aqua Jazz-med Shirley	Arthritis Judie	Aqua Jazz-med Shirley	Arthritis Judie	Aqua Jazz-med Shirley	Arthritis Shirley/Janet	Arthritis (10:15) Aida
5:30pm	Arthritis Judie		Arthritis Judie				
7:30pm		Aerobics Janet		Aerobics Janet			

*class descriptions on back (see schedule for class location)

Land Classes

Class Name	Class Description
BollyX	Bollywood-inspired dance-fitness interval program that combines exhilarating choreography and intensive workouts with upbeat music from around the world. Bollywood has always been gender neutral. BollyX has designed its choreography to be approachable and without a lot of hip movement.
Boot Camp	This class is a fusion of cardio, strength, balance, and flexibility continually modified to create change in the body. Different methods of training and equipment will be used. Varied intensity levels for all fitness levels.
Cardio Interval	Constantly varied with HIIT, weights, step, kick box, and more! This class keeps things interesting.
Circuits	Combined weights and cardio techniques in a fast-paced workout for the entire body.
Cycle	Cardio - all on the bike. Experience hills, flats, jumps, sprints, and more.
Cycle & Tone	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment. Class is an hour and a half.
Gentle Yoga	Slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises and visualizations. Suitable for people of all ages and experience levels.
Get Fit	Gets you on the road to fitness - variety of cardio and weight training techniques to improve fitness.
Muscle	Full hour of strength training using dumbbells, bars, balls, bands, and more. Stretching and abs included.
Pilates	Improve flexibility and strength through core training. Focus on concentration, control, breathing, and balance. All fitness levels welcome.
R.I.P.E.D	High energy workout that combines a cardio vascular routine interlaced with weight and resistance. Created for all fitness levels
Sports Cycle	Includes time off the bikes working with a variety equipment. Bring gym & cycling shoes.
Yin Yoga	Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga with fewer poses.
Yoga	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.
Zumba	Latin-inspired dance fitness class based on interval training. Toning uses weights during class.

Water Classes

Class Name	Class Description
Aqua Jazz-high	Each day involves the use of equipment (optional) and a variety of muscle groups
Aqua Jazz-medium	Same as above
Arthritis	Designed to be gentle on the joints
Shallow water	Cardiovascular and muscle toning exercises using water bells and the water's resistance to build endurance and strength
Water aerobics	Burn fat with this fast-paced workout combining intervals and work with noodles.

- **all fitness levels welcome in all classes — instructor will help you modify workout**
 - **inform instructor if you have special conditions/injuries**
 - **stop and tell instructor if you have any pain during class**
 - **bring towel and water bottle**
 - **be on time and courteous to others and instructor**
 - **no cell phones during class**