


# J.L. Sorenson Recreation Center


## Fall 2017 Group Fitness Schedule- Effective Sept. 5

# STUDIO

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:15 AM/ 5:30 AM	TRX (Was. Room) (Jan)	Sports Conditioning 5:15 AM (Mitzi)	Lift 5:15 AM (Karisa)	Sports Conditioning 5:15 AM (Karee)	Zumba (Heather) <span style="border: 1px solid black; padding: 2px;">TRX (Was. Room) (Angie)</span>	
7:00 AM						Muscle Mix (Heather)
8:05 AM					Step (Heidi)	HIGH Fitness (Heather)
9:00 AM/ 9:05	HIGH Fit. (Heather) <span style="border: 1px solid black; padding: 2px;">TRX (Was. Room) (Heidi)</span>	Lift (Amy)	HIGH Fitness (Heidi)	Lift (Karisa)	Cardio Kickbox (Amy) <span style="border: 1px solid black; padding: 2px;">TRX (Was. Room) (Heidi)</span>	Boot Camp/Barre (9:05-9:35) / (9:35-10:35) (Allison)
10:05 AM	Mat Pilates (Harmonie)	HIIT (Harmonie)	Mat Pilates (Jan) <span style="border: 1px solid black; padding: 2px;">Senior-Track (Heidi)</span>	Zumba® (Heather)	Yoga (Heidi) <span style="border: 1px solid black; padding: 2px;">TRX (Was. Room) (Sandee)</span>	
6:00 PM	Muscle Mix (Heidi)	Zumba® Burst (Ashley)	Fitness 360 (Jan)	Cardio Kickbox (Jan)		
7:05 PM	High Fitness (Heidi)	Lift (Amy)	Zumba® (Harmonie)	Power Core (Jan)		
8:05 PM	Yoga Flow (Heidi)		Restorative Yoga (Harmonie) <span style="border: 1px solid black; padding: 2px;">TRX (Was. Room) (Angie)</span>		<b>Classes are ADA accessible</b>	

*Be sure to join us on the 2 of each month for a rotating intro to Group Fitness class. See front desk for complete information for the current month's info.*

# SPIN

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
5:30 AM	Danielle	Jan	Sandee	Danielle	Sandee	
8:00 AM						Allison
9:00 AM	Sandee	Allison	Jan	Heidi	Bill	
6:00 PM						

# AQUA

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:30 AM		Circuit (Charity)		Circuit (Charity)		
9:00 AM	Combo Challenge (Michelle)	H2O Tabata (Charity)	Deep Water H2O Boot Camp (Sandee)	Hydro Tone (Michelle)	Aqua Zumba® (Heather)	
10:00 AM	Senior (Michelle)			Deep Water (Michelle)	Senior (Heather)	
7:00 PM		Circuit (Michelle)		H2O Tabata (Charity)		

**Classes subject to change without notice!!!!**

**TRX classes are held in the Wasatch Room on the bottom level**

**EACH PARTICIPANT MUST OBTAIN A CLASS PASS FROM THE FRONT DESK!**

You may obtain your class pass beginning 30 mins. before the start of class. If you are attending back to back classes you may obtain both passes 30 min. before the start of the first class, with the exception of back to back spin and TRX classes.

**PATRONS MUST BE 16 YEARS OR OLDER TO ATTEND CLASSES. 14 & 15 YEAR OLDS WHO ARE CERTIFIED MAY ATTEND CLASS**

**Tweens'  
& Teens  
In Training**

	Mon.	Tues.	Wed.	Thurs.	Fri.
5:15 PM To 6:00 PM	Tweens & Teens in Training Fitness Mix (Charity)	Tweens & Teens in Training Cycling (Sandee)	Tweens' & Teens in Training Fitness Mix (Charity)	Tweens & Teens in Training Fitness Mix (Charity)	

# J.L. Sorenson Recreation Center Group Fitness Class Descriptions

## Tweens' & Teens in Training

Geared for youth ages 9-15.....Sorry, NO GROWN UPS ALLOWED! (except for the instructor of course)! Tweens & Teens in Training is a 45min. structured class with a certified group fitness instructor. This class gives youth a chance to experience group fitness classes in a fun energetic setting. Each class is different and offers variety in all aspects of physical fitness. (I.E. cardiovascular, endurance, strength, & flexibility!) Check in at the front desk to obtain your class pass and join us on the 2nd floor of the facility in the group fitness area!

\*Please note due to safety concerns a particular class may not be for your child. Instructor may turn your child away! We want each child to be safe at all times!

## Adult Group Fitness Ages 16 & UP

(Check in with the front desk to obtain your class pass)

### Aerobics

**Boot Camp**-This class is an intense all cardio workout. A combination of sports drills, endurance drills, agility training all done at an advanced level.

**Fitness 360**-A combination of strength training-muscular endurance and cardio which gives you a 360 degree approach to fitness.

**Kickbox/Kickswitch**-Put a little kick in your workout! This class is designed to improve strength and stamina by incorporating basic kickboxing moves and high intensity cardiovascular training. Jump ropes, full boxing gloves and heavy bags are utilized. The facility will provide jump ropes and kick bags. Each participant is encouraged to bring their own full boxing gloves.

**Lift**-A full body muscle strength and conditioning class. No cardio. All muscle. This class will define and sculpt your body improving your overall body composition. A variety of equipment will be used such as BOSU's, Glide Discs, Tubing, Hand Weights, Medicine Balls, Exercise Balls, Step Benches and Body Bars. Each workout will be different. The instructor will guide you as to how much weight to lift and help you get set up.

**Mat Pilates**-Mat Pilates will emphasize core strength, muscular balance, breathing, flexibility & concentration. Modifications will be offered. All fitness levels welcome.

**Sports Conditioning**-A non choreographed cardio workout, that includes sport specific conditioning moves (i.e. running, jumping, sprinting & plyometrics). With a focus on muscle agility, conditioning and strength. A variety of exercise equipment will be used to enhance the class. (i.e. BOSU, jump ropes, steps, medicine balls, tubing).

**Step**- A cardio class using 1,2,3, or 4 step platforms. The instructor will take you through a combination of choreographed step moves which will have you constantly moving and thinking.

**Yoga Flow**-Increase the mind/body connection through breathing, moving and stretching.

**Restorative Yoga**-Relaxation/Meditative Yoga. Connect with the mind\*body\*spirit. Decrease stress in the body and restore the bodies muscles to maintain balance in your workouts and every day life.

**Muscle Mix**- A total body approach to weight training using a variety of equipment to increase lean muscle mass, burn fat, and sculpt each muscle group.

**Zumba®**-Zumba® fuses hypnotic Latin rhythms & easy-to-follow moves to create a one-of-kind fitness program that will blow you away.

**TRX-TRX® Suspension Training®** is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

**HIIT**- High-Intensity interval training, is a technique in which you give 100% effort through quick, intense bursts of exercise, followed by short recovery periods.

**Power Core**-designed to strengthen your core at whatever fitness level you are at. We will use various pieces of equipment to strengthen from your shoulders to your glutes. A strong core translates into everything we do!

**High Fitness**- Is a hardcore fun fitness class that incorporates interval training with music you love, and intense easy to follow fitness choreography

**Barre** - Barre uses the techniques and movements found in ballet; while combining Pilates and yoga to help develop a lean, long, sculpt. Class exercises will include core, legs, and upper body, using light weight, and/or your own body weight. Class is very low impact, but excellent in intensity and results. Dance experience NOT required. This class is great for ALL fitness levels.

### Spin

Train for the road in this high energy indoor cycle class. It will be led by a motivating instructor that will focus on endurance, interval, speed play, strength, and performance. This class offers options for every level of fitness.

\*When attending a Spin class, bike shorts or a gel seat are encouraged, along with water bottle, towel and heart rate monitor. Our Spin Bike's are equipped with toe cages, SPD and LOOK Clips. \*

### Aqua

**Aqua Zumba®**- Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

**Circuit**-This class will rotate between intervals of cardiovascular training and muscle strengthening exercises. Water weights, tubing and noodles will be utilized.

**Combo Challenge**-A high energy class which will utilize either the shallow, deep or both parts of the pool. Dynamic movements are added to take advantage of the waters natural resistance

**H2O Tabata**-High Intensity Intervals using the water for resistance followed by intervals of rest this type of training works both the aerobic and anaerobic systems of the body to help you achieve your optimum fitness level

**Deep Water**- Does impact on your joints bother you? Join us for this water workout that is done completely in the deep water relieving all impact from those joints. Get a great workout with none of the joint pain.

**H2O Boot camp**-A high intense cardio burning workout. A combination of drills, endurance training and total body conditioning without the impact on the joints.

**HYDRO TONE**-Take a break from gravity and join us in the pool for a cool work out that challenges every muscle in your body utilizing the resistance of the water. No running or jumping just intense exercises working you out from head to toe defining your muscles.

\*\*\*Please note classes are subject to change at anytime without notice\*\*\*\*