

Gene Fullmer Recreation Center

Group Fitness Schedule- Effective September 1, 2017

LAND FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
5:30 AM	Kickbox X-Fit 5:30-6:30 (Tiffany)	High Fitness® 5:30-6:30 (Karisa)	X-Fit 5:30-6:30 (Tiffany)	Power Flex 5:30-6:30 (Karisa)	Sports Cycling 5:30-6:30 (Karisa)	
7:00 AM						Power Flex 7:00-8:30 (Jan)
8:35 AM						Zumba® Burst 8:35-9:35 (Ashley)
9:15 AM	Kickbox X-Fit 9:15-10:30 (Allison)	Power Flex 9:15-10:15 (Jan)	X-Fit 9:15-10:15 (Allison)	Spin & Strength 9:15-10:15 (Allison)	Mania 9:15-10:30 (Allison)	High Fitness® 9:35-10:35 (Cassie)
10:15 AM (Check schedule for actual start)	Pilates 10:30-11:30 (Jan)	Functional Fitness 10:15-11:15 (Claudia) - on the track -	Super Sculpt 10:15-10:45 (Allison)	Heart Rate Barre 10:15-11:15 (Allison)	Yoga 10:30-11:30 (Allison)	
5:00 PM		Functional Fitness 5:00-5:45 (TyAnne) - on the track -				
6:00 PM	High Fitness® 6:00-7:00 (Haley)	Heart Rate Barre 6:00-7:00 (Micah)	Cardio Bootcamp 6:00-7:00 (Amy)	Zumba® 6:00-7:00 (Micah)	All classes are ADA accessible with modifications.	
7:00 PM	Functional Fitness 7:00-8:00 (Kimmi) - on the track -	Power Flex 7:00-8:00 (Jan)		Power Flex 7:00-8:00 (Micah)		
8:00 PM		Yoga 8:00-9:00 (Kimmi)		Yoga 8:00-9:00 (TyAnne)		

WATER FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
7:00 AM						Aqua Board (rotating)
8:00 AM	Deep Power 8:00-9:00 (Cathy)	Deep Power / Cardio Bursts 8:00-9:00 (Terri)	Deep Power / Calorie Burn 8:00-9:00 (Cindy)	The Works 8:00-9:00 (Cathy)	Deep Power 8:00-9:00 (Marie/Leo)	Deep Power / Calorie Burn (rotating)
9:00 AM	The Works 9:00-10:00 (Cindy)	Calorie Burn / Cardio Bursts 9:00-10:00 (Terri)	Calorie Burn / Anchored Down 9:00-10:00 (Cindy)	Calorie Burn 9:00-10:00 (Santee)	Anchored Down 9:00-10:00 (Leo)	
10:30 AM	Aqua Board 10:30-11:15 (TyAnne)			Aqua Board 10:30-11:15 (Santee)		
11:30 AM				Aqua Board 11:30-12:15 (Santee)		
7:30 PM	Calorie Burn 7:30-8:30 (Cindy)	Aqua Board 7:45-8:30 (Cathy/Micah)				

Classes subject to change without notice

**EACH PARTICIPANT MUST SCAN THEIR MEMBERSHIP CARD OR PURCHASE A DAY PASS FROM THE FRONT DESK!
PATRONS MUST BE 16 YEARS OR OLDER TO ATTEND CLASSES or 14 & 15 YEAR OLDS WHO HAVE TAKEN CERTIFICATION MAY ATTEND CLASS.**

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Group Fitness Class Descriptions

LAND FITNESS CLASSES	
Cardio Bootcamp	Perfect combination of cardio and strength. Class will use a variety of equipment and intervals to help you achieve a great level of fitness. Class may also use chin up bars and suspension straps.
Functional Fitness	This class will help you achieve your fitness goals using activities you use everyday...walking, running, lifting, etc. You will get fit as well as be stronger in every aspect of daily life. Located on our indoor track the instructor will guide you through a workout you can do at your own pace for the results you want. Class may also use chin up bars and suspension straps.
Heart Rate Barre	Class uses a combination of movements based on ballet, dance and pilates. Good for all fitness levels. High levels of reps with a variety of range of motion exercises for a head to toe sculpting class.
HIGH Fitness®	HIGH Fitness® is a hardcore fun fitness class that incorporates interval training with music you love and intense easy-to-follow fitness choreography. It combines FUN (pop songs that everyone know) with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY (each song has specific simple moves taught the same by all instructors). High Fitness® produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. There's no better way to describe it than "Body Sculpting Fun".
Kickbox X-Fit	Traditional kickboxing format with an added "kick start". Class uses boxing gloves and kick bags—mixed in with sports conditioning. All fitness levels welcome. This class is a great workout.
Mania	A unique class done with various levels of intensity within 7 minute sets. This class utilizes many types of equipment to help you achieve your fitness goals. Starting with cardio and finishing with weights and abs. If you are stuck on a plateau or just want to try something new, this is the class for you. You will love the variety. The time flies by and you will achieve a metabolic effect in this class resulting in increased calorie burning for the day.
Pilates	Tone and sculpt your powerhouse with balance, high rep exercises and flexibility. This class is great for your core. Instructor can use balls, rings, bands, suspension straps, bosus, etc.
Power Flex	Strength training class. Weights, bands, kettlebells can all be used to help you strengthen and tone your muscles. Occasionally will use suspension straps.
Spin & Strength	The perfect combination of cardio and weights. A great class for beginners to advanced. Instructor will lead you through a cardio set done completely on a bike intervalled with a strength set using weights, bands, balls, bosus, or your own body. A great way to get your cardio and weights done in one fun hour.
Sports Cycling	A great cross training format using the bikes and a variety of intervals. Class will include, but not limited to sports conditioning, track and stairs, and chin up bars.
Super Sculpt	30 minutes of effective muscle strengthening and toning. Class will use weights, bands, balls, kettlebells, etc for an overall muscle sculpt and tone. Each week a different piece of equipment will be emphasized to help you achieve your goals. This class is for all fitness levels.
X-Fit	The class that will guarantee results. Cardio intervals that are fast paced and used by Olympic athletes in their training, combined with universal lifting techniques for strength training. A wide variety of equipment will be used, including 360, bosu, steps, glide disks, weights, chin up bars, suspension straps, bands, jump ropes, etc.
Yoga	Spirit, mind, body connection. Gain flexibility while increasing mental focus and serenity in your life.
Zumba®	Zumba®: Zumba® fuses hypnotic Latin rhythms & easy to follow moves to create a one of a kind fitness program that will blow you away. Zumba® Burst: All the fun of Zumba® combined with high intensity interval training condensed to a more intense class. Maximize your time and your effort.
WATER FITNESS CLASSES	
Adult Swim Workout	Geared towards individuals wishing to improve stroke technique & endurance. Focus on development & efficiency of stroke, as well as improving overall fitness in & out of the water. Great for those beginning to delve in the world of triathlons or supplement their personal exercise program with something new.
Anchored Down	This class is a great way to work out without the jumping and splashing! This class has a great combination of effective, low impact aerobic exercises that focus on muscle strength, flexibility and posture.
Aqua Board	This class will use one of the newest pieces of equipment in the fitness industry: The Tsunami Fitness Boards! These boards are designed to be used on the water for a wide range of exercises. Balance with focus on core strength will be emphasized by a certified instructor who will teach the class using a variety of movements based on strength, plyometric movements and balance. Pilates and yoga will also be incorporated.
Calorie Burn	A full hour cardio training class. This class will combine both shallow & deep water training. Focus will be on your target heart rate zone so that you burn calories to increase your metabolic rate. A great class to burn body fat, increase muscle and build your cardiovascular endurance.
Cardio Bursts	Intervals of 30-60 seconds moderate exercise followed by 15-30 seconds of high intensity exercise.
Deep Power	Deep Power is a terrific non-impact workout done entirely in the deep-end. This class will use powerful moves to push you to the limit. Floatation belts are provided. Strengthen, define and firm your muscles.
The Works	The Works is an overall body conditioning class with both deep & shallow water routines - adding head to toe muscle toning. The Works is a great class for anyone wanting a full water workout!

**ALL INSTRUCTORS ARE TRAINED AND CERTIFIED BY NATIONALLY ACCREDITED FITNESS ORGANIZATIONS.
EACH INSTRUCTOR IS HERE TO CHALLENGE YOU AND TO HELP YOU REACH YOUR FITNESS GOALS.
PLEASE LET THE INSTRUCTOR KNOW IF YOU ARE NEW AND THEY WILL HELP YOU SET UP AND GET READY TO GO.**