

# NORTHWEST RECREATION GROUP FITNESS CLASSES

1255 West Clark Avenue (300 North) SLC, 84116 (385) 468-1305  
[www.recreation.slco.org/northwest](http://www.recreation.slco.org/northwest)

Effective 1/9/2018

|          | Monday                                    | Tuesday                                     | Wednesday                 | Thursday                              | Friday                                                | Saturday                          |
|----------|-------------------------------------------|---------------------------------------------|---------------------------|---------------------------------------|-------------------------------------------------------|-----------------------------------|
| 6:00 AM  | Yoga<br>(Lisa)                            | PowerFIT<br>(Katherine)                     | Yoga<br>(Lisa)            | PowerFIT<br>(Katherine)               | Yoga<br>(Lisa)                                        | RIPPED<br>*7:15am*<br>(Katherine) |
| 8:00 AM  |                                           | Pi-Yo<br>(Erin)                             |                           | Zumba<br>(Julie)                      |                                                       | Yoga<br>*8:15am*                  |
| 9:00 AM  | Zumba<br>(Lori)                           | Zumba /PowerFIT<br>1.5hr class<br>(Jessica) | Zumba Toning<br>(Shirley) | PowerFIT<br>(Erin)<br>*LeBarre style* | Above the Barre<br>*8:30*<br>(Natalie)                | Zumba<br>*9:15am*<br>(Shirley)    |
| 10:00 AM |                                           |                                             |                           |                                       | Core De Force<br>(Jessica)                            |                                   |
| 5:00 PM  |                                           |                                             |                           |                                       | Zumba<br>*5:15pm*<br>(Jessica)                        |                                   |
| 6:00 PM  | Core De Force<br>(Jessica)                | Pi-Yo<br>(Jessica/Addy)                     | RIPPED<br>(Addy)          | Bolly X<br>(Mesuda)                   | Urban HipHop<br>*6:15pm*<br>(Ralph)<br>Begins Jan26th |                                   |
| 7:00 PM  | Zumba Toning<br>(Katrina)                 | Zumba<br>(Addy)                             | Zumba Core<br>(Patti)     | Zumba<br>(Katrina)                    |                                                       |                                   |
| 8:00 PM  | Urban HipHop<br>(Ralph)<br>Begins Jan22nd |                                             | PowerFit<br>(Patti)       |                                       |                                                       |                                   |

**Please No Cellphones in Class!**

## Community Center

| YOGA    | Monday | Tuesday                     | Wednesday | Thursday                    | Friday | Saturday |
|---------|--------|-----------------------------|-----------|-----------------------------|--------|----------|
| 6:30 PM |        | Power Yoga<br>(Don)         |           | Power Yoga<br>(Don)         |        |          |
| 7:30 PM |        | Yoga/Stress Relief<br>(Don) |           | Yoga/Stress Relief<br>(Don) |        |          |

# GROUP FITNESS CLASS DESCRIPTIONS

**Above the Barre:** Blend of Pilates (core strengthening), Ballet (leg work), and Yoga (flexibility) to strengthen the entire body.

**Cardio/Core:** Integrates a bit of interval work to maintain a high heart rate and engage all muscles including the often forgotten complex of core muscles.

**Cycling:** Classes alternate High Gear, Hills & Climbing, and Intervals so that each class you get a different workout.

**Core De Force :** An empowering cardio workout! MMA draws from a wide array of disciplines such as Karate, boxing, Muay Thai, and more. So strike, punch, kick and kata your way through calories to your next level of cardio fitness.

**Pi-Yo:** Sure to improve your balance, core, and overall strength; Pi-Yo does it all! A mat class combining the art of Pilates and Yoga.

**PowerFIT:** Challenge your muscle strength and endurance! A power/strength class incorporating lifting into a high heart rate/interval workout. All classes will include Functional Interval Training (FIT). The detailed format may vary depending on the instructor's certification background. Class formats under this description include (not limited to) RIPPED, HIITIT, Tabata, Bosu, Pgox, etc.

**Bolly X:** is a high intensity Bollywood cardio workout that's coming to a gym near you. Move to the heart pumping beats of Bollywood, get ready to feel that muscle burn and unleash your inner swagger.

**Zumba:** A high energy aerobics class incorporating the rhythms and dances from Latin and international cultures. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves.

**Zumba Sentao:** By transforming a chair into a sizzling dance partner, this explosive program strengthens your core, torches calories and sculpts muscle.

**Urban Hip hop-** is both aerobic and anaerobic, providing total fitness, endurance and strength gains. Hip hop's high-energy, constant movement is powerful cardiovascular exercise.

**YOGA:** *All of our Yoga classes offer modified poses to accommodate the variety of strength and flexibility in individuals.*

**Power Yoga:** This is a dynamic class that has some poses for strength, balance, and concentration. A great class to get some energy out so you can relax. All Levels Welcome.

**Yoga:** Depending on what you need this class will range from gentle to more difficult and will help you relax.

## **AQUATICS CLASSES (water belts and weights are available for class use)**

**Aqua Therapy:** A low impact, high resistive environment for aerobic conditioning and muscle strengthening. The water provides buoyancy to relieve stress on bones and joints during exercise.

**Aqua Circuit:** Using the water as a tool of resistance (with the option for water weights) this class will challenge your muscles.

**Deep Water:** A zero impact class, this workout takes place in the deep end of the pool. Water belts are available for use. This is a great class to elevate your heart rate without placing stress on your joints.

**Shallow Water:** A workout in the shallow area of the pool, you will experience a great workout with limited joint impact.

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