

# Group Fitness Schedule – Land & Water Aerobics

Holladay-Lions Fitness & Recreation Center  
 1661 E. Murray-Holladay Road, (385)468-1700  
 2018 Group Fitness Schedule (effective 1/22)

Monday		8am Zumba Michelle	9:05-10:25am Cycle & Tone Shelly P		10:30am Yoga Carolyn		5:30pm Boot Camp Tara	6:30pm Zumba Patti	6:45pm POP Pilates Brittney (Small)	★
	Tuesday	5:45am Sports Cycle Shannon	8am Muscle Shelly	9am Yoga Becki (Small)	9am Zumba Shelly	10am Pilates Becki (Small)	10am Get Fit Maysa	5:30pm Muscle Michelle	6:30pm Zumba Sue	6:45pm Barre Tonja (Small)
Wednesday		7am Cycle Jacque	8am Cardio Core EL	9:05-10:25am Cycle & Tone Shannon		10:30am Yoga Carolyn		5:30pm Cycle Sarah	6:30pm Zumba Maysa	6:30pm Gentle Yoga Rolf (Small)
	Thursday	5:45am Sports Cycle Shannon	8am Muscle Barb	9am Yoga Barb (Small)	9am Zumba Becki	10am Pilates Becki	10am Get Fit Ann (Small)	5:30pm Muscle Michelle	6:30pm BollyX Linda	
Friday			8am Zumba Maysa	9:05-10am R.I.P.P.E.D Kristen		10:30am Yin Yoga Carolyn				
	Saturday	7:15am Barre Tonja (Small)	7:15am Cycle Shannon	8am-9:25 Yoga Barb (Small)	8:30am Zumba Sue	9:30am Muscle Tara	10:30am POP Pilates Brittney			
Sunday		10:30am Yoga Elizabeth	11:45am BollyX Masuda/Linda							

## 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
<b>Barre</b>	A mix of Pilates, dance, yoga, and functional training. All choreographed to motivating music involving the ballet bar.
<b>BollyX</b>	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.
<b>Boot Camp</b>	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.
<b>Cardio Core</b>	A one-hour total body workout combining strength, resistance training, and core stability work
<b>Cycle</b>	Cardio - all on the bike. Experience hills, flats, jumps, sprints, and more.
<b>Cycle &amp; Tone</b>	Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment. Class is an hour and a half.
<b>Gentle Yoga</b>	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.
<b>Get Fit</b>	Gets you on the road to fitness - variety of cardio and weight training techniques to improve fitness and flexibility.
<b>Muscle</b>	Full hour of strength training using dumbbells, bars, balls, bands, and more. Stretching and abs included.
<b>POP Pilates</b>	A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.
<b>Pilates</b>	Improve flexibility and strength through core training. Focus on concentration, control, breathing, and balance. All fitness levels welcome.
<b>R.I.P.P.E.D</b>	High energy workout that combines a cardio vascular routine interlaced with weight and resistance. Created for all fitness levels
<b>Sports Cycle</b>	Includes time off the bikes working with a variety equipment. Bring gym & cycling shoes.
<b>Yin Yoga</b>	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.
<b>Yoga</b>	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners.
<b>Zumba</b>	Latin-inspired dance fitness class based on interval training. Toning uses weights during class.

## Water Classes

Class Name	Class Description
<b>Aqua Jazz-high</b>	Each day involves the use of equipment (optional) and a variety of muscle groups
<b>Aqua Jazz-medium</b>	Same as above
<b>Arthritis</b>	Designed to be gentle on the joints
<b>Shallow water</b>	Cardiovascular and muscle toning exercises using water bells and the water's resistance to build endurance and strength
<b>Water aerobics</b>	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**