

# Gene Fullmer Recreation Center

## Group Fitness Schedule- Effective May 6, 2017

### LAND FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
5:30 AM	Kickbox X-Fit 5:30-6:30 (Tiffany)	HIIT 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	Pilates 10:30-11:30 (Jan)	Strong by Zumba® 10:20-11:20 (Claudia)	Work the Core 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)		
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)		

All classes are  
ADA accessible  
with modifications.

### WATER FITNESS CLASSES

	Mon	Tue	Wed	Thu	Fri	Sat
7:00 AM						Aqua Board (Cathy/TyAnne/Sandee)
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 (Marie/Leslee/Cathy/Leo)
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 (Sandee)	Anchored Down 9:00-10:00 (Leo)	
10:30 AM	Aqua Board 10:30-11:15 (TyAnne)			Aqua Board 10:30-11:15 (Sandee)		
11:30 AM				Aqua Board 11:30-12:15 (Sandee)		
7:30 PM	Calorie Burn 7:30-8:30 (Cindy)	Aqua Board 7:45-8:30 (Cathy/Micah)	The Works 7:30-8:30 (Tanya)			

Aqua Board classes: Spots for Aqua Board are limited.

Participants can reserve a board in person or online at [activityreg.com](http://activityreg.com) prior to attending.

Participants must check in at front desk to scan membership or pay to attend class.

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. 14 & 15 YEAR OLDS WHO ARE CERTIFIED MAY ATTEND CLASS**