

Group Fitness Schedule – Land & Water Aerobics

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

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|-----------|----------|-----------------------------------|--|---|----------------------------|----------------------------------|--------------------------------------|------------------------------|---|
| 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 |
| Wednesday | | 7am Cycle Jacque | 8am Cardio Core Erin | 9:05-10:25am Cycle & Tone Shannon | | 10:30am Yoga Carolyn | 4:30pm R.I.P.P.E.D. ★ Michelle | 5:30pm Cycle Sarah | 6:30pm Zumba Maysa |
| | 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 | | 4:30pm Yoga ★ Maysa | 5:30pm Boot Camp ★ Tara |
| | 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 |
|-------------------------|--|
| Barre | A mix of Pilates, dance, yoga, and functional training. All choreographed to motivating music involving the ballet bar. |
| BollyX | 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. |
| Boot Camp | 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. |
| Cardio Core | A one-hour total body workout combining strength, resistance training, and core stability work |
| Cycle | Cardio - all on the bike. Experience hills, flats, jumps, sprints, and more. |
| Cycle & Tone | Combination of cycling & weights, circuits, and core. Combines all techniques and a variety of equipment. Class is an hour and a half. |
| Gentle Yoga | 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. |
| Get Fit | Gets you on the road to fitness - variety of cardio and weight training techniques to improve fitness and flexibility. |
| Muscle | Full hour of strength training using dumbbells, bars, balls, bands, and more. Stretching and abs included. |
| POP Pilates | A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat. |
| Pilates | Improve flexibility and strength through core training. Focus on concentration, control, breathing, and balance. All fitness levels welcome. |
| R.I.P.P.E.D | High energy workout that combines a cardio vascular routine interlaced with weight and resistance. Created for all fitness levels |
| Sports Cycle | Includes time off the bikes working with a variety equipment. Bring gym & cycling shoes. |
| Yin Yoga | 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. |
| Yoga | Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching. Gentle Yoga is especially for beginners. |
| Zumba | Latin-inspired dance fitness class based on interval training. Toning uses weights during class. |

Water Classes

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