

## Spring 2024 Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am – 8:30 am		Yoga Melissa Lg Gym	Yoga Melissa Lg Gym	Yoga Melissa Lg Gym		
8:00 am - 9:00 am						Terra Fit Leanna Lg Gym
8:30 am – 9:30 am		New Beginnings Melissa Lg Gym		New Beginnings Melissa Lg Gym		
9:00 am – 10:00 am		UpBeat Barre Analla Sm Gym	Pound Sarah Sm Gym	High/Low Fitness Rachelle Sm Gym	UpBeat Barre Analla Sm Gym	
10:00 am – 11:00 am	FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym		FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym		FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym	
5:45 pm - 6:45 pm	Zumba Lg Gym					
6:00 pm – 7:00 pm	Terra Fit w/Leanna Sm Gym		Terra Fit w/Leanna Sm Gym			

**Rec Center/Fitness Center Hours:**  
**Mon - Fri 5:00 AM - 9:00 PM    Sat 6:00 AM - 6:00 PM**

**Kids Zone Hours:**  
**Monday - Friday 8:30 AM - 11:30 AM**

## Fitness class descriptions:

**Bootcamp:** FitLizzard “BOOTCAMP” is a fun yet challenging exercise class aimed at the notion of “everyone's an athlete.” We do new workouts every class that vary between body weight exercises to weighted exercises and everything in between. It is a HIIT style class, which stands for High Intensity Interval Training. This type of exercise helps burn calories quickly while helping people meet their overall fitness goals. Exercises can be modified to be easier OR harder which helps everyone of all ages and fitness levels be included in the class!

**Senior Fit:** This low intensity workout combines cardio, strength and flexibility, all modified to a seated or standing position. A perfect exercise class for seniors, those just starting an exercise routine, those with balance issues, those recovering from an injury or surgery or anyone who needs a very low intensity workout.

**High Fitness:** HIGH fitness has brought aerobics back in a hip and unique way, and the world is taking notice!

Things to expect in a HIGH Fitness Class:

- A sweaty blast
- Nostalgic and fun music from all decades and genres that will motivate you to the max.
- Simple and easy to follow fitness choreography.
- Interval training moves: jump squats, burpees, tuck jumps, etc.
- Take it HIGH or take it low! Options given for all levels of fitness
- An energetic, fun, inspiring and welcoming environment.

**High/Low Fitness:** A throwback to the old school days of Hi Lo Aerobics, HIGH Low brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.

**THE EXPERIENCE.** - Creating a NEW experience and opening doors to even more participants, HIGH Low is here to complement, not replace, HIGH.

**THE WORKOUT.** - With NO cardio push tracks, the HIGH Low format creates a steady state cardio workout that will appeal to newbies and current HIGH Fitness fans alike.

**Yoga:** Revitalize your body, relax your mind, and reduce stress with slow, gentle standing flows and floor poses to increase your strength and promote flexibility. This class also incorporates simple flowing sequences to warm up the body as well as slower paced movements focusing on alignment.

**Terra Fit-** is designed to tighten and tone while increasing flexibility and overall endurance. This class utilizes a variety of targeted exercises including light resistance training, full-body movement and stretching to sculpt and tone with mild cardio to maximize calorie burn. Don't feel like you have to be in shape before you join this class; ALL exercises can be modified to accommodate any fitness level!

**Upbeat Barre** - is a workout designed for everyone! Barre combines elements of Pilates, dance, yoga, and strength training for a full body workout. Increase tone, endurance, strength, and flexibility in this low-impact, high energy class set to fun UP BEAT songs.

**New Beginnings** - This low impact strength class is designed for those interested in improving balance, strength, and flexibility. Those new to fitness classes as well as experienced are welcome. This class will make accommodations for those experiencing joint issues or other conditions. Stability will be a focus so we are more confident in our movement throughout the day. No equipment necessary.