

Wellness Summer 2019 Fitness, TRX, Cycle & Yoga Schedule

TIME	SITE	MON	TUES	WED	THUR	FRI	SAT
8:00 AM	AR		Spif Fusion		Zumba Gold	Spif Strength & Stretch	Hi/Lo Body Sculpt
9:00 AM	WR	Spiflift	Spiflift	Spiflift	Spiflift	Spiflift	
9:10 AM	AR	Step & Sculpt	Simply Strength	Cardio Dance	Pilates Barre	Cardio Pump	Simply Strength
10:15 AM	AR	Spif Fusion	[Gentle Yoga]**	Spif Fusion	[Gentle Yoga]**	[Gentle Yoga]**	Zumba
11:15 AM-12:00 PM	GYM		Silver Sneakers®		Silver Sneakers®		
11:20 AM-12:05 PM	AR	Pilates Barre	Core Blast	Pilates Barre	D2G SocaFit		
12:10-12:55 PM	AR	Simply Strength	Pilates	[Yoga]**	Simply Strength	Zumba	
1:10-2:00 PM	AR	[Gentle Yoga]**				[Gentle Yoga]**	
4:30 PM	AR	Core Blast*** (4:30-5:00 PM)	Simply Strength	[Yoga]**	STRONG by Zumba	Pilates	
5:30 PM	GYM	Cardio Dance		Zumba			
5:30 PM	AR	STRONG by Zumba	Zumba	Step Interval	[Yoga]**		
6:30 PM	AR	Simply Strength	STRONG by Zumba	[Yoga]** (6:45 PM)	D2G SocaFit		
7:30 PM	AR	[Yoga]**					

FITNESS FEES (6 Week Sessions)

	Resident	Non-Resident
Each class	\$22.50	(Add \$5/Class)
***Express Classes	\$16	(Add \$5/Class)

**YOGA CLASS FEES

Each class	\$29.50	(Add \$5/Class)
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***Special** – register for a combination of 4 fitness, aqua and/or Yoga classes and attend unlimited fitness classes*

FITNESS SESSION DATES

June 24-August 4 (No evening classes July 3 and no classes July 4-6)

LOCATION KEY

AR = Community Center Aerobics Room
 GYM = Community Center Gym
 WR = Community Center Weight Room

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CARDIO DANCE: If you love Zumba you'll love our Cardio Dance! In this class we'll dance to the hottest hits heard on the radio. No complex moves just total cardio dance fun!

CARDIO PUMP: The perfect union of cardio, muscle & music. This fun class features half cardio and half power pump using body bars, medicine balls and resistance tubes.

CORE BLAST: Blast your core with powerful techniques that will strengthen your entire core. Come ready to work!

D2G SOCAFIT: SocaFit is a Caribbean-inspired cardio dance workout that explores the dance and music style called Soca. This session infuses upbeat Soca music with fun dancehall moves to give you a full body cardio workout.

HI/LO SCULPT: Start your weekend right with our Hi/Lo Body Sculpt class! This class features both high & low aerobics using high energy music followed by body sculpting using weights & bands to provide the ultimate cardio/strength combo!

PILATES: Our Pilates class will strengthen the deep back and abdominal muscles and create muscular balance. The class will focus on core strength, alignment, breath and balance.

PILATES BARRE: No ballet experience required here! This intense fusion of Pilates, sculpting and ballet-based exercises will change the way your body looks – longer, leaner and stronger!

SILVER SNEAKERS®FITNESS PROGRAM: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and balls are offered for resistance and a chair is used for seated and/or standing support

SIMPLY STRENGTH: Our newest strength training class will help you increase strength and endurance using a variety of our group fitness equipment. Add this class to your schedule to help you build a lean, strong physique with a workout that is never boring!

SPIF STRENGTH & STRETCH: Spif Strength & Stretch is a strength training class using resistance equipment such as dumbbells, xertubes, resistaballs and body bars followed by flexibility work to give you a complete workout!

SPIFLIFT: Increase bone mass, improve muscular strength and enhance joint health with strength training! This class features a circuit strength-training program using Cybex weight equipment, resistance bands and dumbbells.

SPIF FUSION: Your favorite Spif classes with the added bonus of strength, cardio and yoga all fused together to make an incredible Spif style workout.

STEP & SCULPT Step and sculpt is a high energy basic step class complete with cardio intervals the first 35 minutes followed by 25 minutes of strength training to provide a complete total body workout!

STEP INTERVAL: This high energy combo class integrates fun step combinations with intervals of power moves and strength training. An awesome workout with fun music and energetic choreography!

STRONG by Zumba: Are you looking for a more challenging, high intensity interval training workout? Strong by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge and burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

ZUMBA: Ditch the workout and join the party! Zumba is a Latin based group fitness class that combines amazing, irresistible and international music with dynamic, yet simple exercise moves!

ZUMBA GOLD: This fun Zumba class is designed for the active, older adult or beginners to Zumba. Same great fun, exciting music but easier to follow and taught at a lower intensity. This class will feature some core work and stretching at the end.

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	MON	TUES	WED	THUR	FRIDAY	SAT
5:30-6:15 am					Cycle Interval	(8:00 am) Cycle Interval
11:15 am-12:00 pm					TRX	
11:20 am-12:05 pm					Boxing Bootcamp	
12:10-12:55 pm	TRX Fusion	TRX/Tramp	Cycle Interval	Tramp Fusion	TRX Fusion	
4:30-5:15 pm			TRX			
5:30-6:15 pm	TRX Cardio Circuit		TRX			
6:15-7:00 pm				TRX		

CYCLE & TRX FEES (6 week sessions)

	Resident	Non-Resident
Each class	\$36	(Add \$5/Class)

FITNESS SESSION DATES

June 24-August 4 (No evening classes July 3 and no classes July 4-6)

Boxing Bootcamp: This NEW high-energy kickboxing class makes working out fun! This class will use punching bags for a high-calorie burning workout. Expect to gain strength, stamina and flexibility. This class will use boxing gloves and wraps you may purchase from Ames Parks & Recreation for an additional one-time fee of \$25.

Cycle Interval: This indoor cycling class consists of amazing cardio challenges, varying speeds and resistance levels, hill climbs, flat roads, and more! Let the instructor guide you through a ride that you can tailor to fit your own personal fitness level and goals. This class is great for all levels.

TRX Cardio Circuit: Our new 45-minute TRX workout that combines suspension training and high intensity interval training will focus on increasing strength, power, and endurance. Suspension training bodyweight exercise develops strength, balance, flexibility and core stability.

TRX Training: Join us for an incredible small group training experience. TRX is a complete body weight training system. Because the body is suspended or placed at an angle with resistance, almost all movements include core training. The movements require you to stay balanced and aligned so you hit muscles you could never target before.

TRX Fusion: This fusion class combines intervals of bodyweight suspension exercises using the TRX system with various cardio and stability toys such as the Bosu Balance trainers, Gliders and Battle Ropes. Get your game on and come join our TRX Fusion class! Now offered twice a week!

Tramp & TRX: Encounter integrated training using the JumpSport Fitness Trampoline and TRX Suspension Trainer in progressions that are challenging, yet right for your current level of condition. This small group class offers the opportunity to increase strength, endurance and stamina, while incinerating calories in a format that demands core stability and tough, durable athletes. Come prepared to train and work hard.

Tramp/Fusion: This fun workout featuring the JumpSport Trampoline is a cardio workout intermixed with strength and core intervals using a variety of equipment including the TRX, battle ropes, weights and tubes. A total body workout!