

FITNESS CLASSES @ Bill Heddles Rec Center...November 2016

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00	Cycle & Abs + Candace	Body Bar & Abs Errin	Spin-Bata Betsy (6:00-6:45)		Cardio Circuit Candace		
8:15- 8:45							
9:00 - 10:00		Body Bar & Abs Jen		Body Bar & Abs Candace			
9:00 - 10:00	Senior Circuit Rodney in weight room (9:00-10:15)	Healthy Body Strong Bones Billie - Gym	Senior Circuit Gary in Weight Room (9:00-10:15)	Healthy Body Strong Bones Billie -Gym	Pilates Kindra	R.I.P.P.E.D Robin	
9:00 - 10:15	Total Body Blitz Gena	Senior Circuit Ed in Weight Room	Total Body Blitz Kindra	Senior Circuit Whitnee in Weight Room	Senior Circuit Gary in Weight Room		
10:00 - 10:45		SilverSneakers CLASSIC Gary - Gym		SilverSneakers CLASSIC Gena -Gym			
10:00 - 11:00	Fit & Focus- Rodney (10:30-11:00)	Cycle &Abs Jen	Ballet Fit Gena in Dance Room (10:30-11:30)	Cycle & Abs Jacci (10:00-10:45)			
11:00 - 12:00							
PM 12:00 - 1:00	Pilates Jacci (12:10-1:00)	Tabata Kindra (12:15-12:45)		Tabata Robin (12:15-12:45)			
12:15 - 1:00			Cycle& Abs Jacci				
4:30 - 5:25	Spin-Bata Jen Pilates Betsy	Body Bar & Abs Julie	Pilates Gena	Dance Fit (aka ZUMBA) Gena			
5:30 - 6:30	Kettle Kick Kindra (5:30- 6:45)	Total Body Blitz Kindra	Cycle & Abs Jen (5:30-6:20)	Body Bar + Gena			
6:30 - 7:00							

*Note: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

CLASS DESCRIPTIONS

B= Beginner

I= Intermediate

A= Advanced

Ballet Fit: Don't let the "Ballet" word intimidate you . This class is designed for lengthening, toning and stretching. All levels of fitness are welcome to join in. Space is limited, held in dance room. Bare foot or 1/2 sox. (B,I,A)

Body Bar & Abs: Get an entire body workout in just 45 min using a weighted fitness bar w/ Ab conditioning. This class will give your metabolism a boost! Class may include cardio work, steps, gliders, bands or exercise balls. (B,I,A)

Cardio CircuitThis class is designed as a circuit format, with 2 minutes of work to 30 seconds rest intervals and is appropriate(modified) for any level of fitness. Routines as well of equipment will vary each week. Stations will help improve coordination, build muscle and endurance. You will find muscles you didn't know you had! (B,I,A)

Cycle & Abs: Intense calorie burning cycling with upper body and core conditioning. This class rocks, rolls and spins off stress. You are guaranteed an awesome sweat with lots of energy!! Cycle+ 1 hr. long. (B,I, A)

Dance Fit (AKA ZUMBA): A Latin-inspired dance fitness class that incorporates Latin and international music and dance movements, combing fast and slow rhythms. People of any fitness level, from any background, and of any age can start the program right away. (B,I,A)

Fit & Focus: Yoga based stretch exercises. Benefits : builds flexibility and mobility, boosts endurance, improves balance and adds core strength. Most poses are seated and can be advanced to standing. (B,I)

HBSB-Healthy Body Strong Bones: Simple weight lifting with hand weights in a group setting. This program is designed to help increase flexibility, balance and bone strength. (B)

Insanity High intensity interval training with athletic drills yielding high caloric burn and cardiovascular fitness gains. Modifications provided for various fitness levels. This type of training is designed to make your body adapt in a way that increases your body's capacity to work harder and recover faster. (I,A)

Kettle Kick: Your favorite kickboxing style moves without any complex choreography. This class will include instruction and education in kettlebell exercises for both strength and conditioning head to toe. The class will close with a 15 min yoga segment for flexibility and relaxation. (I,A)

Pilates Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. (B,I,A)

R.I.P.P.E.D. This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D.— Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. (B,I,A)

Senior Circuit: Class is done in the weight room. Format includes use of weight machine with intervals of upper/lower body strengthen and flexibility exercises all done to great musical selections. (B,I)

SilverSneaker - CLASSIC: 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. Hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to toe stretching, and complete relaxation in a comfortable position.(B, I)

Spin-Bata: Spin-bata is a high intensity, tabata style class on the spin bikes. This is based on the tabata intervals of 20 seconds work and 10 seconds rest times 8, equaling 4 minutes per tabata. This class will include: intervals of cycling, boxing, TRX Rip, and dumbbells, and other tools. Don't miss this total body workout! (B,I,A)

Tabata High intensity interval training based on 4 minute increments, including 20 seconds work, 10 seconds rest ratio. This class is designed to get you in an out in thirty minutes, but not before burning as many calories as you would doing an hour on the treadmill! (B,I,A)

Total Body Blitz: Cross train during this high energy workout! During this hour you will alternate cardio intervals with muscle conditioning using steps, weights, bars, tubing, gliders, bands and exercise balls. Get rid of the days stress! (I,A)