

# FITNESS CLASSES @ Bill Heddles Rec Center...July 2017

AM Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:00	Cycle & Abs + Jen		Spin-Bata Errin (6:00-6:45)		Body Bar & Abs Errin/Jacci		
8:15- 8:45							
9:00 - 10:00		Body Bar & Abs Jen/Gary		Body Bar & Abs Jenny			
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		
9:00 - 10:15	Total Body Blitz Errin/Jenny	Senior Circuit Ed in Weight Room	Total Body Blitz Kindra	Senior Circuit Whitnee in Weight Room	Senior Circuit Rodney in Weight Room		
10:00 - 10:45		SilverSneakers CLASSIC Gary - Gym		SilverSneakers CLASSIC Gary -Gym			
10:00 - 11:00	Fit & Focus- Rodney (10:30-11:00)			Cycle & Abs Robin (10:00-10:45)	Fit & Focus Rodney (10:30-11:00)		
11:00 - 12:00							
PM 12:00 - 1:00	Pilates Kindra (12:10-1:00)	Tabata Whitnee (12:15-12:45)		Tabata Jess (12:15-12:45)			
12:15 - 1:00							
4:30 - 5:25	Spin-Bata Robin (4:30-5:15)						
5:30 - 6:30	Kettle Kick Kindra (5:30- 6:45)	Total Body Blitz Robin	Spin-Bata Jen (5:30-6:15)	Body Bar + Jen			
6:30 - 7:00							

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

# ***CLASS DESCRIPTIONS***

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***B= Beginner***

***I= Intermediate***

***A= Advanced***

**Body Bar & Abs:** Get an entire body workout 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)

**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)

**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)

**Kettle Kick:** Your favorite kickboxing style moves without 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. Balls, bands, or rollers may also be used. (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! This is a quick paced, muscular conditioning class using a variety of equipment and guaranteed to keep your heart pumping. Flexibility work incorporated. ( I,A)