

Paul Derda Recreation Center August 29-October 30, 2016



10.1-10.00		aui Deiua	. Kecreatio	m Center	August 29-	Octob	er 30, 2016	Thomas of the control
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30	EODYPUMP A: SUSAN	TRAIN LIKE A PRO (45 minutes) A: JAALA	BODYPUMP A: KIMM	5:15AM TABATA/CORE A: SUSAN	BODYPUMP A: KATE	7:10	60 Minute B: KIMM	
6:00	SE.	SE.	SPINING SE	52	5 <u>2</u>	7:15	BODYPUMP A: KATHY	
7:00	B: KATE	B: KIMM	B: ELAINE	B: ELAINE	Outdoor Yoga Commons: KIMM			
7:00			A: JON: Cardio		A: JON: Cardio	8:15	Yoga (75 min) B: CASEY	Ultimate Fitness B: MARQUI/JAY
8:00	BODYPUMP A: EXPRESS: RIA	Ultimate Fitness A: KATHERINE	BOOYSTEP A: LARA	B: KIMM	Ultimate Fitness A: RAQUEL		B. CAGET	
8:00	Sneakers B: JON: Cardio	8:30AM Address your abs B: Veronica	BODYVIVE EXPRESS: B: CINDY	8:30AM Address your abs A: RHONDA	EXPRESS: B: KATIE			
8:05	TABATA BOOT CAMP GYM: JAALA		TABATA BOOT CAMP GYM: JULIE			8:20	BODYSTEP	
9:00	B: TRACY: Cardio	Yoga B: JULIE	A: CINDY: Cardio	Yoga B: KIMM	B: CINDY: Cardio	8:30	A: KATIE	Yoga
9:00	BODYSTEP A: KATIE	BODYPUMP A: VERONICA	60 Minute B: JULIE	BODYPUMP A: RHONDA	BODYSTEP A: RHONDA	9:25	BODYPUMP	(90 min) A: JEANNIE
10:00	Pilates With Props B: KELLY	10:15 AM B: CINDY: Classic	10:05AM Pilates Matwork B: WENDY	10:15 AM B: JULIE: Classic	Yoga b: angie	9:40	A: JEN/MARQUI	
10:05	BODYPUMP A: RHONDA	BODYSTEP A: SUSAN	BODYPUMP A: LARA	BODYVIVE A: ELOY	BODYPUMP A: SUSAN	10:20	B: STEVE	BODYPUMP
11:10	<i>11:00AM</i> Yoga B: ANGIE	Gentle Seated Yoga A: KIMM		Gentle Seated Yoga A: JEANNIE _	11:15AM A: KAT/NICOLE	40.45		A: JAALA
11:15		& CORE B: LISA	12:00PM A: KIMM	& CORE		10:45		BODYVIVE
12:00	& YOGA	BODYPUMP A: EXPRESS: KIMM	& YOGA B: LISA	BODYPUMP A:EXPRESS: V	& CORE			A: JAALA
1:00	Ultimate Fitness A: KATIE	4:15 PM Youth Cardio Games Track: Marqui	Tai Chi a: elizabeth	YOUTH YOGA PROGRAMMING JEANNIE	Pilates Matwork A: LINDA	LEARN THE MOVES!		
4:15	4:00PM Fun & Fitness A: RACHAEL	Yoga B: catherine	4:00PM Fun & Fitness B: MARQUI	3:30-4:15p 3-5 years 4:30-5:15p 6-10 years		BODY PUMP 101 - 1st Monday - 11:10am BODY STEP 101 - 2nd Wednesday - 4:00pm		
4:30	BODYSTEP A: RIA	TABATA BOOT CAMP (45 minutes) A: JAALA	BODYSTEP A: SUSAN	TRAIN LIKE A PRO (45 minutes) B: JAALA	BODYPUMP A: RIA	12-15 year olds may attend with an adult 18+ and at the discretion of the instructor!		
5:30	BODYVIVE	BODYPUMP	Ultimate Fitness A: MARQUI	BODYSTEP	BODYSTEP	Yoga & Pilates Matwork Additional fee for non-rec pass holders		
5:30	A: JEN	A: MARIA B: STEVE		A: KATIE/RIA & MORE B: STEVE	A: RIA Yoga B: CATHERINE	AVAILABLE AT PDRC for a fee :		
6:00	Pilates Matwork B: RIA	2. 01212	Pilates Matwork B: RIA	2. 0.272		JAZZERCISE - Mon/Wed 4:55PM, Tues 12:30PM, Sat 10:30AM, Sun 10:05AM <u>Strength45</u> - Th 12:30PM & Sun 9:20AM		
6:35	BODYPUMP A: ELAINE	BODYSTEP A: RIA	BODYPUMP A:SHERI			ZUMBA - Fri 4:25PM & Sat 10:45AM Mommy & Me:		
7:05	Yoga B: CATHERINE	6:35PM Yoga-75 minutes B: LINDA	Prenatal Yoga B: JEANNIE	<i>6:35PM</i> Yoga a: kamala		A	M/W/F 9:0	00-10:00 AM Stroller (track & gym)
7:45		Non-Contact Boxing A: RIA		BODYPUMP A: LONZA		N	M-F 1:00-3:00	2:15 PM Spin & Core PM Cardio Equipment are welcome to attend

CLASS DESCRIPTIONS — ALL classes are subject to cancellation due to low attendance.

When the scheduled instructor is unable to teach, we will make every attempt to find a Substitute instructor.

Address Your Abs - 30 Minutes

Come and target the muscles of your midsection -- abdominal and back -- as well as upper thighs during this quick workout.

BODYPUMP® - 60 Minutes/BODYPUMP EXPRESS - 45 Minutes

BODYPUMP is The Fastest Way In The Universe To Get In Shape. BODYPUMP is a strength endurance training class where muscle & music collide! Low on complexity but high in fun, BODYPUMP has all of the benefits of traditional weight training combine with time efficiency & predictability. BODYPUMP is great for "EVERY BODY".

BODYSTEP® - 60 Minutes

BODYSTEP is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning from the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional fitness.

BODYVIVE 3.1-50 Minutes

Step into a BodyVive 3.1 class and you can be sure you're heading into one of safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories. The great music will leave you fizzing with energy and feeling great.

Fun & Fitness-45 Minutes

This class focuses on cardiovascular fitness, strength, and flexibility training through a variety of activities designed specifically for youth ages 8-12 in a non-competive environment. Class size is limited to 15. Numbers can be picked up at the front desk 90 minutes prior to start of class.

Pilates Matwork (additional fee for non-annual pass holders) - 60 Minutes

Pilates offers a system of conditioning to develop lean, well-toned muscles, balance, strength and flexibility, improved posture and concentration, and an overall sense of well-being. When you finish a Pilates workout, you feel refreshed, invigorated, and energized.

Pilates with Props (additional fee for non-annual pass holders) - 60 Minutes

In this class, classical Pilates exercises are performed using props and incorporating the 6 Pilates principles. This class is great after a cardio/strength workout. Breath is cued for each exercise to oxygenate your blood, increase circulation and flexibility, and to deepen the work of the abdominals.

PiYo Live - 60 Minutes

This class will help you define every inch of your body without bulking up or straining your joints. You will perform low-impact, high intensity moves to get your strength training, flexibility and cardio-all in each workout. No weights, no jumping, just hardcore results.

Prenatal Yoga (additional fee for non-annual pass holders) - 60 Minutes

This class for moms-to-be designs Yoga postures specialized for the pregnant body. This class will strengthen the back, pelvic floor, and core and will help to alleviate common discomforts of pregnancy. Please join us and other pregnant moms.

SilverSneakers® - 50 Minutes

Classic: Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed & power.

Cardio: A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

Spin® - 45 Minutes

Spinning - An indoor stationary bike class set to music that is fun and energizing for all fitness levels. Instructors create a ride that can be modified by each participant to get the level of challenge they desire that day, whether they are a first-time or seasoned rider. Remember - you never forget how to ride a bike! First-time riders should arrive 5-10 minutes early for instruction on proper bike set-up. Reservations are taken one day in advance at the front desk. (303-460-6900)

Spin® CORE & MORE - 60 Minutes

This combo class adds the use of flex bands, tubing and dumbbells to train the major muscle groups, paying special attention to the upper body following a 40-45 minute ride.

Stroller (mommy and me fitness) - 60 Minutes

A class designed to give you a workout and bond with your newborn baby. Cardiovascular and strengthen training exercises will be incorporated to get you back in shape. All classes will start on the track, so bring your stroller (jogger or non-jogger) and enjoy a workout with other moms and babies.

TABATA & TABATA BOOT CAMP - 45 Minutes

Not for Beginners! High intensity intervals with 20 seconds of work followed by 10 seconds of rest. Extremely effective for increasing cardiovascular health.

TurboKick - 50 Minutes

TurboKick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

Train Like a Pro - 45 Minutes

Designed to push you to the edge of your comfort level! High intensity intervals -- strength, sprints, plyometric, core work, etc....NOT FOR THE BEGINNER!

Ultimate Fitness - 50-60 Minutes

Get the most out of your workout! This class works between intervals of cardio and strength to give you a total body workout in 50-60 minutes.

Yoga (additional fee for non-annual pass holders) - 60 Minutes unless noted differently - Intensity level varies by instructor

This yoga class helps you achieve harmony between your body and mind. The practice of poses and breathing exercises cleanses your body, restores your energy, and makes you stronger and more flexible; it also enables you to achieve emotional balance, leaving you better equipped to deal with the demands of your lifestyle.

Youth Cardio Games (Ages 10-14 years) 45 Minutes

30 Minutes of instructor led intervals and games on the treadmills, bike, and/or elliptical to add movement and fun to your day. Followed by 15 minutes of core work and stretching. Class meets on back side of track. Reservations taken one day in advance ta the front desk (303-460-6900)

Numbers will be handed out, beginning 90 minutes in advance for Silver Sneakers, BODYPUMP®, Pilates and Yoga.