

WINTER GROUP FITNESS

MONDAY

5:30-6:25am
Spinning®
Joe

9:00-9:55am
Tabata
Ginger

9:00-9:55am
Spinning®
Yvonne

9:30-10:25am
Aquaerobics
Jinee

1:00-1:55pm
Power Hour
Ginger

5:30-6:25PM
SSRT
Tina

6:30-7:25pm
Zumba®
Dawn

7:30-8:25pm
Yoga
Eleanor

TUESDAY

5:30-6:25am
Trek & Tred
Susie

8:15-9:10am
Functional Training
Jinee

9:00-9:55am
Boot Camp
Ginger

9:30-10:25AM
SilverSneakers® Splash
Jinee

5:00-5:55pm
Muscle Confusion
Tina

6:00-6:55pm
Total Body Strength
Jeanna

6:15-7:10pm
Aquaerobics
Karen

WEDNESDAY

5:30-6:25am
Spinning®
Joe

8:15-9:10am
SilverSneakers® Classic
Jinee

9:00-9:55am
HEAT
Ginger

9:00-9:55am
Spinning®
Yvonne

9:30-10:25am
Aqua Tabata
Jinee

1:00-1:55pm
Power Hour
Ginger

5:30-6:25pm
HIIT It Hard
Tina

5:30-6:25pm
Yoga
Eleanor

6:30-7:25pm
Zumba®
Dawn

THURSDAY

5:30-6:25am
Tabata
Susie

8:15-9:10am
Functional Training
Jinee

9:00-9:55am
Boot Camp
Ginger

9:30-10:25am
SilverSneakers® Splash
Jinee

5:30-6:25pm
Boot Camp
Jeanna

6:00-6:55pm
Spinning® Strength
Susie

6:15-7:10pm
Aquaerobics
Karen

FRIDAY

5:30-6:25am
Spinning®
Yvonne

9:00-9:55am
Strength
Ginger

8:15-9:10am
SilverSneakers® Classic
Jinee

9:30-10:25am
Aqua Tabata
Jinee

1:00-1:55pm
Power Hour
Ginger

SATURDAY

7:30-8:25am
Spinning® Strength
Susie



January 2, 2017 – March 12, 2017



Kickoff the New Year With Group Fitness Classes



Group Fitness Fees:

EARLY BIRD REGISTRATION: DECEMBER 14-31, 2017 ONLY

MEMBER 1ST CLASS	\$25.00
2ND+CLASS(ES) EARLY BIRD ONLY	\$5.00
NON-MEMBERS 1ST CLASS	\$32.00
2ND+CLASS(ES)	10% Off

EARLY BIRD DISCOUNTS DO NOT APPLY FOR SPINNING CLASSES AS CLASS SIZES ARE LIMITED.

DROP IN FEES

PAY A DROP IN FEE TO ATTEND ONE CLASS

\$3.00 MEMBERS

\$4.50 NON MEMBERS

CHANCE CARD

THIS CARD ALLOWS YOU TO ANY CLASS WITHOUT COMMITTING. CHANCE CARDS DO NOT EXPIRE!

\$45.00 MEMBER

\$60.00 NON MEMBERS

CANCELLED CLASS

IF CLASS IS CANCELLED A MAKE-UP PASS GOOD FOR 2 MONTHS WILL BE ISSUED. MAKE-UP PASSES WILL BE AVAILABLE AT THE FRONT DESK. HIGHLAND PARKS AND RECREATION RESERVES THE RIGHT TO CANCEL ANY CLASS ON THE BASIS OF LOW ATTENDANCE.

CHILD CARE

\$45.00 FOR 20 VISITS

\$125 FOR ANNUAL PASS

\$2.50 DROP IN VISIT

Class Descriptions:

Aquarobics: A low impact total body workout that uses water for resistance. Splash your way towards better flexibility, strength and cardiovascular ability.

SilverSneakers Splash: Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard is used to improve strength, balance and coordination.

Boot Camp: Looking to take your cardio and strength to a new level? This class incorporates a variety of Boot Camp style drills to keep you sweating and having fun!

HIIT It Hard: Utilize athletic drills, interval training and strength training exercise to take your endurance to an all new level!

Trek & Tred: This workout will always be an ADVENTURE! Get ready for group and individual challenges including sprints, partner workouts and more! This invigorating workout will be full of challenging, heart pumping workouts that will keep participants guessing and coming back for more!

S.S.R.T. (Spin, Stairs, Run & Tone): A cardio and strength combination that will incorporate 3-5 minutes biking, stairs, running the track and weight training! You will never be bored in this ever changing class!

Tabata/Aqua Tabata: This new class is designed to achieve maximum results in a minimal time period. During a Tabata class you will perform 20 seconds of maximum intensity exercise followed by 10 seconds of active rest.

Zumba: This Latin inspired, easy to follow, calorie burning, feel it to the core FITNESS PARTY! Get into shape without knowing it! It's a fiesta!

Yoga: This class synchronizes muscle toning with relaxation by focusing on flowing poses and deep breathing. With support, find your edge while you build strength, improve flexibility and release tension and stress.

Functional Training: This class is high in energy and low in impact. The perfect combination of resistance training, cardio conditioning and flexibility.

Muscle Confusion: Interested in P90X and Insanity type workouts? This action packed class will keep your body guessing and coming back for more!

Power Hour: Come to the KRC and enjoy a lunch hour workout! This workout break will leave you energized and ready to tackle the rest of your day!

Strength: Increase your muscular strength and endurance while learning proper form and technique. This is a total body class that will emphasize a well rounded strength routine.

SilverSneakers Classic:: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Spinning: Go on a voyage to motivating music! Great for burning calories, cardio conditioning and FUN! Choose your own intensity and increase your fitness at your own pace.

Spinning & Strength: Challenge your body with this intense fusion workout! Enjoy the first half of class on the Spinning bike, then enjoy some great strength training off the bike!

Total Body Strength: Increase your strength with this challenging class. This workout will work your entire body to the core!