

# FALL GROUP FITNESS

## MONDAY

5:30-6:25am  
Spinning®  
Joe

8:00-8:55am  
H.E.A.T.  
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

## TUESDAY

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

8:15-9:10am  
Functional Training  
Jinee

9:00-9:55am  
Tabata  
Ginger

9:30-10:25AM  
Silver Sneakers® Splash  
Jinee

5:00-5:55pm  
HIIT It Hard  
Tina

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

6:15-7:10pm  
Aquaerobics  
Karen

7:15-8:10pm  
Yoga  
Eleanor

## WEDNESDAY

5:30-6:25am  
Spinning®  
Joe

8:00-8:55am  
H.E.A.T.  
Ginger

8:15-9:10am  
Silver Sneakers® Classic  
Jinee

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

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  
Silver Sneakers® Splash  
Jinee

5:00-5:55pm  
Circuit Training  
Jeanna

6:00-6:55pm  
Spinning® Strength  
Susie

6:15-7:10pm  
Aquaerobics  
Karen

7:15-8:10pm  
Yoga  
Eleanor

## FRIDAY

5:30-6:25am  
Spinning®  
Yvonne

8:00-8:55am  
H.E.A.T.  
Ginger

9:00-9:55am  
Silver Sneakers® Classic  
Jinee

9:30-10:25am  
Aqua Tabata  
Jinee

9:30-10:25am  
FLEX  
Ginger

## SATURDAY

7:30-8:25am  
Spinning® Strength  
Susie



**OCTOBER 10 – DECEMBER 18**



# FALL INTO FITNESS!



## Group Fitness Fees:

### EARLY BIRD REGISTRATION: SEPTEMBER 26— OCTOBER 9 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 to head outside for group and individual challenges including sprints, partner workouts, tractor tires and more! This invigorating workout will be full of challenging, heart pumping workouts that will keep participants guessing and 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.

Circuit Training: Total body workout circuit style. This class offers stations of cardio, strength, plyometrics and core training focus. Maximize calorie burn and total body training.

FLEX: Improve your overall flexibility and form while building muscle using a variety of equipment and techniques to improve everyday functionality!

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

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!