

# GROUP FITNESS SCHEDULE

January 5 through March 15-Schedule Updated 12/19/14

## Monday

5:30-6:25 am\*  
 Spinning®  
 Joe 

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

9:00-9:55 am  
 Spinning®  
 Yvonne 

9:30-10:25 am  
 Aquarobics  
 Jinee 

1:00-1:55 pm  
 Power Hour  
 Ginger  

5:00-5:55 pm  
 Tabata  
 Jeanna 

6:00-6:55pm  
 Zumba®  
 Dawn 

6:15-7:10 pm  
 SSRT  
 Tina  

## Tuesday

5:30-6:25 am\*  
 Muscle Confusion  
 Jeanna  

8:15-9:10 am  
 Functional Training  
 Jinee 

9:15-10:10 am  
 Beginner Boot Camp  
 Ginger  

9:30-10:25 am  
 Joints in Motion  
 Jinee 

5:30-6:25 pm  
 Yoga  
 Eleanor 

6:00-6:55 pm  
 Cardio Strength  
 Tina  

6:15-7:10 pm  
 Aquarobics  
 Karen 

7:00-7:55 pm  
 Spinning® Strength  
 Susie 

## Wednesday

5:30-6:25 am\*  
 Spinning®  
 Joe 

9:00-9:55 am  
 Spinning®  
 Yvonne 

9:30-10:25 am  
 Aquarobics  
 Jinee 

10:30-11:25 am  
 Club FENS  
 Ginger 

4:15-5:10 pm  
 Core Strength  
 Jeanna 

5:30-6:25 pm  
 SSRT  
 Tina  

6:00-6:55pm  
 Zumba®  
 Dawn 

6:45-7:40 pm  
 Spinning® Power Hour  
 Joe 

## Thursday

5:30-6:25 am\*  
 Tabata  
 Jeanna  

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

8:15-9:10 am  
 Functional Training  
 Jinee  

9:30-10:25 am  
 Joints in Motion  
 Jinee  

5:30-6:25 pm  
 Yoga  
 Eleanor 

5:30-6:25 pm  
 Strength  
 Jeanna  

6:15-7:10 pm  
 Aquarobics  
 Karen 

6:45-7:40 pm  
 Spinning®  
 Susie/Yvonne 

## Friday

5:30-6:25 am\*  
 Spinning®  
 Yvonne 

9:15-10:10 am  
 Beginner Boot Camp  
 Ginger  

9:30-10:25 am  
 Aquarobics  
 Jinee 

10:30-11:25 am  
 Club FENS  
 Ginger  

1:00-1:55 pm  
 Power Hour  
 Ginger 

## Saturday

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

## Sunday

10:05-11:00 am\*  
 Spinning®  
 Craig 

 STRENGTH  DANCE  FLEXIBILITY  AQUA  CARDIO  SPINNING

Early Bird Registration December 22-January 5

## GROUP FITNESS FEES

### EARLY BIRD-DECEMBER 22-JANUARY 4

**Members 1st Class \$25.00**

**2nd+class(es)** Early Bird Only **\$5.00**

**Non-Members 1st Class \$32.00**

**2nd+class(es) 10% off**

### Chance Card

**\$45.00 Members**

**\$60.00 Non-Members**

This card allows you to attend 16 classes without committing!

### Drop In Fee

**\$3.00 Members**

**\$4.50 Non-Members**

Pay a drop in fee to attend one class!

### Cancelled Class

If class is cancelled a make-up pass good for 2 months will be issued. Make-up passes will be available at Front Desk. Schedule subject to change. Highland Parks and Recreation reserves the right to cancel any class on the basis of low attendance.

## SPINNING CLASS FEES

### Separate fees apply for Spinning.

TWO chances will be used per class.

Same cancelled classes rules apply to Spinning.

### EARLY BIRD-DECEMBER 22-JANUARY 4

**Members 1st Class \$35.00**

**2nd+class** Early Bird Only **\$20.00**

**Non-Members \$45.00**

### Drop In Fee

**\$4.00 Members**

**\$6.00 Non-Members**

Pay a drop in fee to attend one class!

## CHILD CARE

**\$45 for 20 visits**

**\$125 for yearly pass**  
**(\$100 add. child)**

### Drop In Fee

**\$2.50 per visit**

\* by class time signifies no childcare

## CLASS DESCRIPTIONS



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

**Joints in Motion:** A slower paced aqua class to increase joint range of motion, strengthen muscles, and build endurance with minimum pressure on the joints.



**Boot Camp (Beginner):** 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!

**H.E.A.T.:** (High Energy Advanced Training) Utilize athletic drills, interval training and strength training exercises to take your endurance to an all new level! You will feel the HEAT!

**Muscle Confusion:** Interested in P90x and Insanity type workouts? This action packed class will keep your body guessing and improving!

**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:** 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.



**Cardio Strength:** Supercharge your workout with a blend of dumbbells, kettlebells and body weight exercises to maximize your strength and cardio performance from head to toe.

**Club FENS:** Flexibility, Endurance, Nutrition and Strength. All of the essential components of fitness will be taught and trained.

**Core Strength:** The body's core muscles are the foundation for all movements of the body. This class will focus on strengthening not only your abdominal muscles but also your low back, hips and gluteus muscles.

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

**Power Hour:** For the first time at the KRC 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



**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 the class on the Spinning® bike then enjoy some great strength training off the bike!