



Paul Derda Recreation Center

January 2-March 31, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	LES MILLS BODYPUMP A: SUSAN	TRAIN LIKE A PRO (45 minutes) A: JAALA	LES MILLS BODYPUMP A: KIMM	5:15AM TABATA/CORE A: SUSAN	LES MILLS BODYPUMP A: KATE	7:10 60 Minute B: KIMM	
6:00	 B: KATE	 B: KIMM	 B: ELAINE	 B: ELAINE	 B: KIMM	7:15 LES MILLS BODYPUMP A: KATHY	
7:00			 A: JON: Cardio		 A: JON: Cardio	8:15 Yoga (75 min) B: CASEY	Ultimate Fitness B: MARQUI/JAY
8:00	LES MILLS BODYPUMP A: EXPRESS: RIA	Ultimate Fitness A: JULIE	LES MILLS BODYSTEP A: LARA	 B: KIMM	Ultimate Fitness A: MARQUI		
8:00	 B: JON: Cardio	8:30AM ADDRESS YOUR ABS B: KATHY	LES MILLS BODYVIVE EXPRESS: B: CINDY	8:30AM ADDRESS YOUR ABS A: RHONDA	LES MILLS BODYVIVE EXPRESS: B: KATIE	8:20 LES MILLS BODYSTEP A: KATIE	
8:05	TABATA BOOT CAMP GYM: JAALA		TABATA BOOT CAMP GYM: JULIE				
9:00	 B: TRACY: Cardio	Yoga B: JULIE	 A: CINDY: Cardio	Yoga B: KIMM	 B: CINDY: Cardio	8:30 Yoga (90 min) A: JEANNIE	Yoga A: JEANNIE
9:00	LES MILLS BODYSTEP A: KATIE	LES MILLS BODYPUMP A: KATHY	 60 Minute B: JULIE	LES MILLS BODYPUMP A: RHONDA	LES MILLS BODYSTEP A: RHONDA		
10:00	Pilates With Props B: COURTNEY	 10:15 AM B: CINDY: Classic	10:05AM Pilates Matwork B: WENDY	 10:15 AM B: JULIE: Classic	Yoga B: ANGIE	9:25 LES MILLS BODYPUMP A: JEN/MARQUI	
10:05	LES MILLS BODYPUMP A: RHONDA	LES MILLS BODYSTEP A: SUSAN	LES MILLS BODYPUMP A: LARA	LES MILLS BODYVIVE A: KATHY	LES MILLS BODYPUMP A: SUSAN	9:40 B: STEVE	10:05 AM ADDRESS YOUR ABS A: JAALA
11:10		Gentle Seated Yoga A: KIMM		Gentle Seated Yoga A: JEANNIE		10:35 LES MILLS BODYPUMP A: JAALA	
11:15	Yoga A: ANGIE	& & CORE B: LISA		& & CORE B: LISA	PIYO A: NICOLE/SHERI	11:40 A: DINELLE	
12:00	& YOGA B: JULIE	LES MILLS BODYPUMP A: EXPRESS: KIMM	& CORE B: LISA	LES MILLS BODYPUMP A: EXPRESS: KATHY	& CORE B: JAALA	Mommy & Me: M/W/F 9:00-10:00 AM Stroller (track & gym) T/Th 11:15-12:15 PM Spin & Core M-F 1:00-3:00 PM Cardio Equipment Mom's with infants are welcome to attend LEARN THE MOVES! BodyPump 101 1st Monday 11:10am BodyStep 101 2nd Wednesday 4:00pm 12-15 year olds may attend with an adult 18+ and at the discretion of the instructor! Yoga & Pilates Matwork ... Additional fee for non-rec pass holders AVAILABLE AT PDRC for a fee: JAZZERCISE - Mon/Wed 4:55PM, Tues 12:30PM, Fri 11:15AM (Express), Sat 10:30AM, Sun 10:05AM Strength45 - Th 12:30PM & Sun 9:20AM A: Studio A B: Studio B	
1:00			Continuing Tai Chi A: ELIZABETH	POSES FOR YOUTH & TEEN A: JEANNIE 3:30-4:00 3-5 YEARS 4:15-4:45 6-10 YEARS	12:30PM Pilates Matwork A: COURTNEY		
2:00		4:15PM Youth Cardio Games TRACK: RIA	Beginning Tai Chi A: ELIZABETH				
4:00		4:15PM Yoga B: CATHERINE	Fun & Fitness B				
4:30	LES MILLS BODYSTEP A: RIA	TABATA BOOT CAMP (45 minutes) A: JAALA	LES MILLS BODYSTEP A: RIA/KATIE	TRAIN LIKE A PRO (45 minutes) B: JAALA	LES MILLS BODYPUMP A: RIA		
5:30	LES MILLS BODYVIVE A: JEN	LES MILLS BODYPUMP A: SONYA	Ultimate Fitness A: MARQUI	LES MILLS BODYSTEP A: NATALIE	LES MILLS BODYSTEP A: RIA		
5:30		 B: STEVE		& MORE B: STEVE	Yoga B: CATHERINE		
6:00	Pilates Matwork B: RIA		Pilates Matwork B: RIA				
6:35	LES MILLS BODYPUMP A: ELAINE	LES MILLS BODYSTEP A: RIA	LES MILLS BODYPUMP A: LONZA	LES MILLS BODYPUMP A: NATALIE			
7:05	Yoga B: CATHERINE	6:35PM Yoga-75 minutes B: LINDA	Prenatal Yoga B: DAWN	6:45PM Yoga B: KAMALA			
7:45		Non-Contact Boxing A: RIA					

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/BODYVIVE EXPRESS - 45 Minutes

If you want the optimal mix of cardio, strength and core training, this is it. Step into a BodyVive 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, and tubing exercises will help you burn calories.

Fun-n-Fitness (Ages 8-12) - 45 Minutes

45-minutes of instructor lead games in increase movement while having fun.

Non Contact Boxing

This class will have you throwing jabs and combinations while mastering footwork and body position. Come prepare to work cardio, strength and core; leave heart healthier, stronger and functionally fit.

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 will help you define every inch of your body - without bulking up or straining your joints. You'll perform low-impact, high-intensity moves in every workout.

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.

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.

TAI CHI

Taijiquan(Tai Chi) is a Chinese exercise and martial art for the body, mind and spirit. Practiced in a slow, relaxed manner that cultivates intermail enery, mental awareness, a sense of clam and improves balance, coordination, circulation and muscle tone. Beginning Tai Chi: Focusing on the first third of Cheng Man-ch'ing's Yang Short Form, all levels are welcome. Continuing Tai Chi: Focusing on the latter two thirds of Cheng Man-ch'ing's Yang Short Form and advanced practices such as push hands, students are required to know the first third of the form to join this class.

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) - 45 Minutes

30 minutes of instructor lead intervals & games on the treadmill to add movement & fun into your day. Followed by 15 minutes of core work and stretching.

Numbers will be handed out, beginning 90 minutes in advance & up to five minutes after class start time for Fun & Fitness, Silver Sneakers, Spin, Body Step®, BODYPUMP®, Pilates, Youth Cardio Games, and Yoga

