

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10	November 1-December 23, 2018			5:15AM TABATA/CORE A: SUSAN			
5:30	 A: SUSAN	TRAIN LIKE A PRO (45 minutes) A: KATE	 A: KIMM		 A: KATE	7:10 60 Minute B: KIMM	
6:00	 B: KATE	 B: KIMM	 B: NATALIE & BRIAN	 B: LISA	 B: KIMM	7:15 A: KATHY	
7:00			 A: JON: Cardio	 A: JON: Cardio		8:15 Yoga (75 min) B: CASEY	Ultimate Fitness B: JAY
8:00	 A: EXPRESS: LARA	Ultimate Fitness A: JULIE	 A: LARA	 B: KIMM	Ultimate Fitness A: MARQUI		
8:00	 B: JON: Cardio	8:30AM ADDRESS YOUR ABS B: RHONDA	tone EXPRESS: B: CINDY	8:30AM ADDRESS YOUR ABS A: RHONDA	tone EXPRESS: B: KATIE		
8:05	TABATA BOOT CAMP GYM: LAUREN		TABATA BOOT CAMP GYM: JULIE			8:20 A: KATIE	
9:00	 B: TRACY: Cardio	Yoga B: JULIE	 A: CINDY: Cardio	Yoga B: KIMM	 B: CINDY: Cardio		
9:00	 A: KATIE	 A: KATHY	 60 Minute B: JULIE	 A: RHONDA	 A: RHONDA	8:30 A: JENN/MARQUI	Yoga (90 min) A: JEANNIE
10:00	Pilates Matwork 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 A: JENN/MARQUI	
10:05	 A: RHONDA	 A: SUSAN	 A: LARA	tone A: KATHY	 A: SUSAN	9:40 B: STEVE	
11:10		Gentle Seated Yoga A: KIMM		Gentle Seated Yoga A: JEANNIE		10:35 10:45AM Barre Fusion B: JULIE/CINDY	 A: DINELLE
11:15	Yoga A: DAWN	 & CORE B: LISA	Yoga A: JULIE	 & CORE B: LONZA/SUNNY	11:30AM Pilates Matwork A: COURTNEY	11:40 A: DINELLE	
12:00	 & YOGA B: JULIE	 A: EXPRESS: KIMM	 & CORE B: LISA	 A: EXPRESS: CAROL	 & CORE B: JULIE/KIMM	AVAILABLE AT PDRC for a fee: JAZZERCISE Mon/Wed 4:55PM, Tues/Thurs 7:45pm, Thurs 12:30PM, Fri 12:35PM, Sat 10:30AM, Sun 10:05AM Strength45 - Tues 12:30PM & Sun 9:20AM	
12:15	Barre Fusion A: MARIE		Barre Fusion A: JULIE				
1:20		4:15PM Youth Cardio Games TRACK: RIA	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		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	
2:20		4:15PM Yoga B: CATHERINE	Beginning Tai Chi A: ELIZABETH				
4:30	 A: RIA		 A: CRYSTAL/DINELLE	tone B: RIA	 A: RIA	12-15 year olds may attend fitness classes with an adult 18+ and older at discretion of instructor	
5:30	tone A: KATHY	 A: RIA	Ultimate Fitness A: MARQUI	 A: NATALIE	 A: RIA		
5:30		 B: STEVE		 & MORE B: STEVE	Yoga B: CATHERINE	Barre Fusion, Yoga & Pilates Matwork ... additional fee for non-annual pass holders.	
6:00	Pilates Matwork B: RIA		Barre Fusion B: RIA				
6:35	 A: BRIAN	 A: RIA	 A: LONZA	 A: NATALIE		A: Studio A B: Studio B	
7:05	Yoga B: CATHERINE	6:25PM Yoga-75 minutes B: LINDA	Yoga B: DAWN	6:45PM Yoga B: KAMALA			
7:45		Non-Contact Boxing A: RIA					



Paula Derda Recreation Center



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.

Barre Fusion

Barre Fusion develops strength, flexibility and endurance while burning calories. This workout will shape and elongate your muscles using props and combination of high intensity sequences of thigh, butt and core exercises at the barre as well as on the floor.

LES MILLS 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".

LES MILLS 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.

LES MILLS TONE®-45-55 Minutes

Tone is an all in one functional fitness mix designed to break down barriers and give you the freedom to work out your way. With options for every fitness level, it's an inclusive workout that's guaranteed to make you feel welcome, successful and supported.

Non Contact Boxing

This class will have you throwing jabs and combinations while mastering footwork and body position. Come prepared 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.

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 strength 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 balace, 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

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 8-14) - 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 Barre Fusion, SilverSneakers®, Spin, Body Step®, BODYPUMP®, Pilates, Youth Cardio Games, and Yoga