

APRIL

FEES.....Pass / Daily Pass \$3.50

MORNING CLASSES – Please check for CHANGES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55	<p><u>BOOTCAMP</u> Aerobic Rm CHRISTENE</p> <p><u>CYCLING</u> Cycling Rm HEIDI</p>	<p><u>NEW HIGH FITNESS</u> Aerobic Rm MADISON JACKSON</p> <p><u>CYCLING</u> Cycling Class JERON</p> <p><u>YOGA FLEX</u> Multi-Purpose Rm AUTUMN (Mixed Levels)</p>	<p><u>KICK HIIT</u> Aerobic Rm SARAH</p> <p><u>CYCLING</u> Cycling Rm SUSAN</p>	<p><u>H.I.I.T.</u> Aerobic Rm CHRISTENE</p> <p><u>CYCLING</u> Cycling Rm HEIDI</p> <p><u>YOGA FLOW</u> Multi-Purpose Rm AUTUMN (Mixed Levels)</p>	<p><u>NEW HIGH FITNESS</u> Aerobic Rm MADISON JACKSON</p> <p><u>CYCLE PUMP</u> Cycling Rm SARAH</p>	
8:00 – 8:55		<p><u>STRENGTH TRAINING</u> Weight Rm Limited to 8 KRISTY</p>		<p><u>STRENGTH TRAINING</u> Weight Rm Limited to 8 KRISTY</p>	<p><u>AMP UP THE BURN</u> Aerobic Rm CHRISTENE</p>	<p>7:15 – 8:10 <u>CYCLING</u> Cycling Rm SUSAN</p>
8:30-9:25	<p><u>LIFT</u> Aerobic Rm JENN</p>	<p><u>AMP UP THE BURN</u> Aerobic Rm CHRISTENE</p> <p><u>LIFE STYLE TRAINING</u> Multi-Purpose Rm ANNE</p>	<p><u>PIYO Multi-Purpose Rm</u> JESSIE</p> <p><u>CYCLE PUMP</u> Cycling Rm JENN</p>	<p><u>LIFE STYLE TRAINING</u> Multi-Purpose Rm ANNE</p>	<p>9:00 – 9:25 <u>CORE WORKOUT</u> Open Area CHRISTENE</p>	<p>8:00 – 8:55 <u>YOGA</u> Aerobic Rm IDANIA</p>
9:30 – 10:25	<p><u>CYCLE PUMP</u> Cycling Rm JENN</p> <p><u>MUSCLE FUSION</u> Aerobic Rm CHRISTENE</p> <p><u>SENIOR FIT</u> Multi-Purpose Rm KRISTY</p>	<p><u>STEP & SWEAT</u> Aerobic Room ERIN</p> <p><u>SENIOR FIT</u> Multi-Purpose Rm ANNE</p>	<p><u>CYCLING</u> Cycling Rm JENN</p> <p><u>SCULPT CARDIO</u> Aerobic Rm JACQUELINE</p> <p><u>ZUMBA</u> Multi-Purpose Rm LETICIA</p>	<p><u>STEP IT UP</u> Aerobic Rm ERIN</p> <p><u>SENIOR FIT</u> Multi-Purpose Rm CHRISTENE</p>	<p><u>CYCLING</u> Cycling Rm CHRISTENE</p> <p><u>ZUMBA</u> Aerobic Rm JACOB</p> <p><u>PIYO</u> Multi-Purpose Rm JESSIE</p>	<p>9:00 – 9:55 <u>POWER SCULPT</u> Aerobic Rm ANNA</p>
10:30 – 11:25	<p><u>YOGA STRETCH</u> Aerobic Rm HEATHER</p> <p><u>PIYO</u> Multi-Purpose Rm JESSIE</p>	<p><u>YOGA</u> Multi-Purpose Rm AUTUMN</p> <p><u>ZUMBA</u> Aerobic Rm JACOB</p>	<p><u>NEW HIGH FITNESS</u> Aerobic Rm LONI</p>	<p><u>YOGA FLOW</u> Multi-Purpose JACQUELINE</p> <p><u>ZUMBA</u> Aerobic Rm JOSUE</p>		<p>10:00 – 10:55 <u>ZUMBA</u> Aerobic Rm JOSUE</p>

EVENING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55	<u>HIGH FITNESS</u> Aerobic Rm SHAUNA	<u>POWER SCULPT</u> Aerobic Rm ANNA <u>KID FIT</u> Multi-Purpose Rm CECILIA/LOGAN	<u>HIGH FITNESS</u> Aerobic Rm JENNY <u>KID FIT</u> Multi-Purpose Rm CECILIA/LOGAN	<u>TABATA</u> <u>TOTAL BODY</u> <u>BLAST</u> Aerobic Rm JEFF		
7:00 – 7:55	<u>ZUMBA</u> Aerobic Rm TIFFANY/CASSIE	<u>CYCLING</u> Cycling Rm SUSAN <u>ZUMBA</u> Aerobic Rm CRISTY	<u>ZUMBA</u> Aerobic Rm CRISTY	<u>CYCLING</u> Cycling Rm ANNA/JERON/SUSAN <u>ZUMBA</u> Aerobic Rm AMY		
8:00 – 8:55		<u>RESTORATIVE</u> <u>YOGA</u> Aerobic Rm LINDSAY	<u>POWER YOGA</u> Aerobic Rm LINDSAY	<u>GENTLE YOGA</u> Aerobic Rm LINDSAY		

rec.plgrove.org



Child Watch Information: \$2.00/hr.

Mon-Fri – 8:00 am – 12:00 pm

Mon-Thurs – 5:00 pm – 8:30 pm

Saturday – CLOSED!

Kid Fit: Ages 6-12 ONLY! Class is limited to 25 children.

- Family Center Pass or \$3.00 per class
 - Kids must check in at the front desk for their class pass.
- Please wear exercise type clothing and gym shoes**

Zumba

SPRING



Fling

April 25th

7:00 pm– 8:30 pm

“NEON” Dress to impress

Live DJ & Instructors Galore!

FREE with Center Pass/\$3.50 without pass

CLASS DESCRIPTIONS:

- Amp-Up the Burn:** High energy cardio and free weight workout....come and feel the burn!
- Barre Fusion:** Low impact Barre inspired moves, Pilates mat workout with Yoga to strengthen the mid-section, firm the body, and sculpt a long, lean, physique.
- Bootcamp:** Total body workout. This is a high intensity class, with a variety of exercise techniques.
- Core:** A 25 minute workout designed to work the abdominal region to the MAX. An AB-solute WORKOUT!
- Cycling:** Our cycling classes will increase cardiovascular endurance, tone, and strengthen muscle while burning calories.
- Gentle Yoga:** Feel rejuvenated through a thoughtful sequence of poses that will leave the stiffest muscles feeling relief.
- H.I.I.T.:** **High Intensity Interval Training Series.**
- HIGH Fitness:** Intense and easy to follow cardio fitness intervals that alternates with toning tracks. This is a calorie-blasting workout. All levels welcome.
- Intermediate Yoga:** This is a fast paced intense flowing style of yoga. A process of producing internal heat and a purifying sweat that detoxes muscles and organs. The result is improved circulation, a light strong body and a calm mind.
- Kick It:** This class includes a **CARDIO** section to elevate your heart rate and mood. Easy Kickboxing and dance moves. **STRENGTH/STRETCH** section to tone and lengthen targeted muscle groups.
- Kid Fit:** A **SUPER** fun exercise program for children ages 6-12. Limited to 25 / \$3.00 per class or a Family Pass required. Children must wear gym clothes & gym shoes to participate.
- Life Style Training:** Beginner to an exercise program? Injured? Pregnant? Postpartum? This class is for YOU....Low-impact, strength training with modifications. Extra attention from a Personal Trainer!
- Lift:** Classic lifting techniques to build muscle and burn fat.
- Muscle Fusion:** Double your calorie burn, shed fat and define your fabulous muscles. Strength class features higher reps plus throws in sports conditioning cardio intervals.
- Muscle Burn:** Promoting unlimited muscular potential. You will target each muscle group turning your body into a lean, mean, muscle machine. This is a great class for increasing lean muscle mass.
- PiYo:** PiYo is a high intensity, low impact workout that utilizes your body weight to sculpt and define your muscles. A unique blend of Pilates and Yoga. PiYo emphasizes strength, flexibility, and cardio with fabulous music! NO Yoga experience necessary.
- Power Sculpt:** Resistance training mixes with HIIT training for the total body toning and maximum calorie burn.
- Power Yoga:** Focusing on the strength aspect of yoga. You'll be led through a power yoga flow that will leave you feeling stronger and more toned.
- Restorative Yoga:** Yoga for restoring both the mind and the body through meditation and a series of stretches for the muscles.
- Senior Fitness:** Gentle cardio and movement training.
- Step:** This class combines step, cardio, and toning to give you a complete calorie-burning, strength-building workout. Add variety and fun to your workout!
- Step It Up:** A cardio and core combo class that pulls out your favorite hip hop steps with an intense blast of intervals and muscle workout.
- Step & Sweat:** A Step class that will push your body to its limits.
- Stretch Yoga:** This is a slow flow Vinyasa class that uses breathing techniques and movement to create a moving meditation. It will leave you clam in body, mind with a complete body stretch.
- Strength Cardio:** Focusing on all major muscle groups, to give you a full body workout. Will help increase strength and endurance while incorporating cardiovascular health through-out the workout.
- TABATA Total Body Workout:** Full 8 rounds of High Intensity Intervals that combines cardio and muscle to strengthen and tone your entire body. It will pump up your metabolic rate for increased fat burn that lasts for hours after your work out.
- Yoga Flow:** You will learn a sequence of postures that build strength, unwind tight joints and muscles, develop concentration and reduce stress. It combines dynamic breathing and strong flowing movement to create a high-energy workout.
- Zumba:** A Latin inspired fitness class incorporates music and dance movements from all over the world with easy to follow steps that include great body sculpting moves. All fitness levels, dancers and non-dancers welcome! **COME AND JOIN THE PARTY!**