



CHECK-IN REQUIRED AT FRONT DESK
 FEES.....Pass / Daily Pass \$3.50

MORNING CLASSES – Please check for CHANGES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 AM	<u>CYCLE</u> Cycling Rm HEIDI <u>PUMP</u> Aerobic Rm SHIRL <u>YOGA BURN</u> Multi-Purpose Rm SADIE	<u>CYCLE</u> Cycling Room ANAHI <u>HIGH FITNESS</u> Aerobic Rm MADISON <u>VINYASA STRETCH YOGA</u> Multi-Purpose Rm AUTUMN (Mixed Levels)	<u>CYCLE</u> Cycling Room ANAHI <u>PUMP</u> Aerobic Rm ANDI	<u>CYCLE</u> Cycling Rm HEIDI <u>BARRE</u> Aerobic Rm ERIN F. <u>VINYASA POWER YOGA</u> Multi-Purpose Rm AUTUMN (Mixed Levels)	<u>CYCLE</u> Cycling Rm SUSAN <u>HIGH FITNESS</u> Aerobic Rm MADISON	
7:00 – 7:55 AM		<u>STRENGTH & STEP</u> Aerobic Rm ERIN S. <u>8:00 – 8:25</u> <u>25 MIN TONING</u> Aerobic Rm ERIN S. <u>8:00 – 8:55</u> <u>STRENGTH TRAINING</u> Weight Rm Limited to 8 KRISTY		<u>STRENGTH & STEP</u> Aerobic Rm ERIN S. <u>8:00 – 8:55</u> <u>STRENGTH TRAINING</u> Weight Rm Limited to 8 KRISTY	<u>8:00</u> <u>AMP UP THE BURN</u> Aerobic Rm CHRISTENE	7:15 – 8:10 <u>CYCLE</u> Cycle Room ANAHI
8:30 – 9:25 AM	<u>HIGH FITNESS</u> Aerobic Rm SHAUNA	<u>LIFESTYLE TRAINING</u> Multi-Purpose Rm ANNE	<u>PIYO</u> Multi-Purpose Rm JESSIE	<u>LIFESTYLE TRAINING</u> Multi-Purpose Rm ANNE	9:00 – 9:25 <u>CORE</u> Aerobic Rm CHRISTENE	8:00 <u>YOGA</u> Aerobic Rm IDANIA 8:15 <u>CYCLE</u> Cycling Rm HEIDI/SUSAN/ANAHI
9:30 – 10:25 AM	<u>MUSCLE FUSION</u> Aerobic Rm CHRISTENE <u>CYCLE PUMP</u> Cycling Rm KIM <u>SENIOR FIT</u> Multi-Purpose Rm KRISTY	<u>BARRE</u> Aerobic Rm FIONA <u>CYCLE</u> Cycling Rm KRISTY <u>SENIOR FIT</u> Multi-Purpose Rm ANNE	<u>SCULPT</u> Aerobic Rm JACQUELINE <u>CYCLE</u> Cycle Room KIM <u>ZUMBA FITNESS®</u> Multi-Purpose Rm LETICIA	<u>HIGH FITNESS</u> Aerobic Rm MADISON <u>CYCLE PUMP</u> Cycling Rm KIM <u>SENIOR FIT</u> Multi-Purpose Rm CHRISTENE	<u>ZUMBA FITNESS</u> Aerobic Rm LETICIA <u>PIYO</u> Multi-Purpose Rm JESSIE	9:00 AM <u>HIGH FITNESS</u> Aerobic Rm KIM
10:30 – 11:25 AM	<u>PIYO</u> Multi-Purpose Rm JESSIE <u>SCULPT & STRETCH</u> Aerobic Rm JENNY	<u>ZUMBA FITNESS®</u> Aerobic Rm CHRISTIN <u>POWER YOGA</u> Multi-Purpose Room HEATHER	<u>HIGH FITNESS</u> Aerobic Rm KIM <u>HATHA YOGA</u> Multi-Purpose Rm SHIRL	<u>BARRE</u> Aerobic Rm FIONA <u>YOGA STRETCH</u> Multi-Purpose Room NICOLE	<u>CHAIR YOGA</u> Multi-Purpose Room AUTUMN	10:00 <u>ZUMBA FITNESS®</u> Aerobic Room TIFFANY

EVENING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:55 PM	<u>HIGH FITNESS</u> Aerobic Rm SHAUNA/ERIN	6:00-6:30 <u>STRONG 30 ®</u> *HIIT Class* Aerobic Rm FIONA	<u>HIGH FITNESS</u> Aerobic Rm JENNY <u>KIDFIT</u> MCKENZIE/ BRYNDEE	<u>TABATA</u> <u>TOTAL BODY BLAST</u> Aerobic Rm JEFF		
7:00 – 7:55 PM	<u>WORLD OF DANCE</u> <u>UJAM</u> Aerobic Rm JULIE/LETICIA	<u>CYCLE</u> Cycling Rm SUSAN <u>ZUMBA FITNESS®</u> Aerobic Rm HETTIE JO	<u>PUMP</u> Aerobic Rm JULIE	<u>CYCLE</u> Cycling Rm KRISTY <u>ZUMBA FITNESS®</u> Aerobic Rm KOREENA		
8:00 – 8:55 PM	<u>CORE & RESTORE YOGA</u> Aerobic Room KYLIE	<u>RESTORATIVE YOGA</u> Aerobic Room LINDSAY		<u>INTERMEDIATE YOGA</u> Aerobic Room SADIE		

CLASS DESCRIPTION:

<u>AMP-UP THE BURN</u>	High energy cardio and free weight workout.....come and feel the burn. Workouts geared toward more advanced lifters with options for all fitness levels.
<u>BARRE:</u>	Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.. Barre also focuses on high reps of small range movements.
<u>CORE & RESTORE YOGA:</u>	Practice a series of postures that focuses on firing up your core. This class is designed to alleviate soreness, work the connective tissues in your body and end your practice by giving yourself a quiet moment of peace and reflection.
<u>CORE:</u>	A 25-minute workout designed to work the abdominal region to the MAX. An AB-solute WORKOUT!
<u>CYCLE:</u>	Our cycling classes will increase cardiovascular endurance, tone, and strengthen muscle while riding with a freestyle, rhythm or road experience that will bring a fun, and sweaty workout into your routine.
<u>HATHA YOGA:</u>	Strike a pose and breathe! Become stronger and more flexible while improving balance by moving through "asanas". Though this is not considered a beginning yoga class, there are options for all levels.
<u>HIGH FITNESS:</u>	HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. ... HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.
<u>INTERMEDIATE YOGA</u>	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.
<u>KID FIT:</u>	This class is specially designed with kids in mind! 55 minutes of fun 6-12. Limited to 25 / \$3.00 per class or a Family Pass required. Children must wear gym clothes & gym shoes to participate.
<u>LIFESTYLE TRAINING:</u>	Beginner to an exercise program? Injured? Pregnant? Postpartum? This class is for YOU. Low-impact, strength training with modifications, guided by a knowledgeable personal trainer designed for your body, form and safety.
<u>PIYO®:</u>	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.
<u>POWER YOGA :</u>	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.
<u>PUMP:</u>	A total body, result focused workout for anyone looking to get lean and strong. With focused resistance training, this class gives you a total body challenge that will keep calories burning for hours after.
<u>RESTORATIVE YOGA:</u>	Yoga for restoring both the mind and the body through meditation and a series of stretches for the muscles.
<u>SCULPT:</u>	Pilates, Barre and Muscle Mix Total body workout. A low impact workout to tighten, tone and sculpt the entire body. All levels welcome.
<u>SENIOR FITNESS:</u>	Gentle and functional cardio and movement training to increase stamina, strength and mobility.
<u>SCULPT & STRETCH:</u>	55 Minutes dedicated to strengthening and deep, functional recovery and active stretching to improve recovery and flexibility for overall performance. This class offers options for all levels.
<u>STRENGTH & STEP:</u>	A total-body hybrid workout class that combines strength training, toning, cardio-intervals and step training moves for 55 minute4s of high intensity, muscle building fun. This class offers options for all fitness levels.
<u>STRONG30®:</u>	STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. ... The original STRONG by Zumba® class is a 30-minute-long session that works your entire body.
<u>TABATA TOTAL BODY BLAST:</u>	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.
<u>VINYASA FLOW YOGA:</u>	Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga.
<u>VINYASA STRETCH YOGA:</u>	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.
<u>WORLD OF DANCE UJAM:</u>	Cardio and rhythm collide to deliver an exhilarating and addictive workout and the next big dance fitness format. Our fun, easy-to-follow dance fitness routines will make you forget you're working out.
<u>YOGA BURN:</u>	Begin your day with an invigorating class that focusses on building strength and increasing flexibility. Tune into your breath whild firing up your body and working up a good sweat!
<u>ZUMBA FITNESS ®:</u>	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!

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