

# August 2017

Download our **FITNESS APP Today!** (For class updates & cancellations)

Group Fitness Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		A.M.P. -Megan		A.M.P. -Megan			
6:30am	6:15am HIIT Paige	Sun Rise Yoga Jenessa	6:15am HIIT (Outside @ Trillside) Paige	Sun Rise Yoga Keri	6:15am HIIT Paige		
8:00am	Body Balance Jess  Pool SUP Yoga- Tiffany		Body Balance Jess  Pool SUP HIIT- Tiffany		Body Balance Jess  Pool SUP Yoga- Ashley	Yoga 75min Jenessa Pool SUP Yoga- Audrey BOOT CAMP Shaughnessy	
8:30am	8:30am & 9:35am Power-Hour Christa Creative Flow Yoga- Sue	TRX- Heather Strength-Hour Tess Pilates- Amy	8:30am & 9:35am Power-Hour Christa  Yoga-Katie	TRX- Eric Strength-Hour Tess Pilates- Amy	8:30am & 9:35am Power-Hour Christa  Yoga-Katie	Got Barre™ Laura	75min Yoga Lisa
9:00am	WERQ® Kimberly		Aqua Zumba- Sarah		FREE HIGH Fitness Justine	Pool SUP HIIT- Audrey	
9:30am	Strength & Conditioning Marisa	Zumba Denice	Strength & Conditioning Eric	Zumba Denice	Strength & Conditioning Eric	Zumba 9:35am Laura	Zumba Lisa
10:00am	Got Barre™ Catherine	Yoga Nancy	Got Barre™ Laura Kids Yoga Lisa	Yoga Lisa	Basin Barre Marisa Tai Chi Sandy		
10:35am		Zumba Gold Kathryn		Zumba Gold Kathryn			
11:00am	SilverSneakers Nicole	Water Aerobics- Lisa	Senior Fit Nicole	Water Aerobics- Lisa	SilverSneakers Nicole		
11:30am		FUN/50 Yoga Pattie		FUN/50 Yoga Edie			
12:00pm	Yoga Jenessa		Yoga Ashley		YOGA Sculpt Tina		3:00PM 90min. Gentle Yoga- Nancy
4:00pm			4:00PM Gentle Yoga- Nancy		Yoga 101 Melissa		
5:30pm	Body Lab- Tess Yoga Melissa	'Got Barre?'™ Catherine YOGA Sculpt Tina	Body Lab- Shaughnessy Yoga Penny	'Got Barre?'™ Catherine	 Basin Recreation (435)-655-0999 basinrecreation.org	Studio A Studio C Field *FREE CLASS* Outside at Park Pool Class	
6:35pm	Zumba Phinney 7:00pm SUP Yoga Tiffany	TRX- Tess	WERQ® Danielle				
Group Cycling Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am- Tiffany	Spin+Stretch 10:00am-Ashley	6:00am- Mark	Spin+Stretch 10:00am-Ashley	6:00am- Tess	All Group Cycle Classes are held in Studio B	

## **Group Fitness Class Descriptions**

**Group Cycling** Elevate your heart rate with a varied ride, incorporating hills, sprints and isolations, all the while in the comfort of our spin room with music that keeps your mind off the work.

**Spin & Stretch** We warm you up and then cool you down. This combination class incorporates a good stretch after cycling cardio intervals. The best of both worlds!

**Zumba** An exercise in disguise! Zumba combines high energy and motivating music with unique moves and combinations to create a dynamic, exciting, and effective fitness system.

**Zumba Gold** Perfect for beginners and active adults, Zumba Gold is as much fun as basic Zumba and has the same great Latin styles of dance at a slower pace with lower intensity.

**'Got Barre?™'** This cardio dance class is centered on ballet type fitness training and touts lost inches, leaner muscles, toned core, hips, legs, arms, and shoulders! Who doesn't want those results?

**Barre 101** Build a longer, leaner dancer's body with this fun mix of ballet-fitness and barre method toning routines. Build strength and definition for your entire body!

**Basin Barre** This Basin Recreation special delivers the best of barre sculpting methods in one challenging workout that keeps your body guessing and improving!

**WERQ®** WERQ® is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

**HIGH Fitness** HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning. All this to music that you love!

**TRX** Work with your own body weight! Suspension training body weight exercise develops strength, balance, flexibility, and core stability simultaneously. You control the challenge with your body position!

**TRX 25** Just have 25 minutes? No problem! This TRX power class focuses on different body regions each day: Monday: upper body, Wednesday: lower body and Friday: progressions.

**Yoga** Yoga is a fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit. All levels are welcome – appreciate your time on your mat. Saturday 8:00am FREE class at The Woods at Parleys Lane!

**Sun Rise Yoga** There is no better way to start the day! Rise with beautiful views of the sun while doing a Vinyasa 1-2 flow yoga class. This class promises to get your day started off right.

**Gentle Yoga** This class is designed to release tension, increase flexibility, rebalance the body, and promote wellness. These objectives are important to everyone and all levels are welcome.

**Yoga 101** Yoga 101 is a gentle, flowing class designed to explore the fundamental postures of yoga. It is perfect for new practitioners or those wishing to refresh and fine-tune their alignments.

**Creative Flow Yoga** Creative flow incorporates a blend of yoga styles and music to inspire and guide students to find a deeper sense of self through the integration of body, breath and mind.

**FUN/50 Yoga** Fun over Fifty Yoga is a yoga class designed for people over the age of 50. Whether you are an experienced Yogi or new to stretching, you will find yourself leaving energized and rejuvenated.

**Yoga Sculpt** Yoga Sculpt combines vinyasa style yoga with low resistance strength training. Mix up your yoga routine with cardio bursts and sculpt exercises.

**Kids Yoga** Kids will learn how to be more patient, imaginative and focused while creating a more flexible balanced and strong body. The class incorporates poses, meditation, breath work, journaling, and dancing. Ages 3-6.

**Pilates** Pilates focuses on the core postural muscles which help keep the body balanced and support the spine. Focus on breath and alignment strengthens the deep torso muscles. Bring on the bikinis!

**SilverSneakers** Move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living. Utilize hand-held weights, elastic tubing, a ball and a chair for a great and supported workout.

**Senior Fit** This group exercise class is appropriate for all levels and incorporates a positive, upbeat social environment.

**Body Balance** Body balance is important for all of us. This class is especially suited for recovering athletes, seniors, or anyone trying to improve core strength, flexibility, cardio health and overall balance.

**Power-Hour** This 60-minute mix of cardio, drills, strength training and core work is seriously hard work but SO much fun. Bring the little ones to burn off some energy of their own.

**Strength-Hour** Strength training is essential to a balanced fitness routine. This class combines strength training with cardio and core work. Bring the kids and get stronger in a supportive group setting!

**Strength & Conditioning** This class is designed for maximum calorie burning! At 50 minutes long, the class provides more bang for your buck with warm-up, circuit workout, and stretching.

**Body Lab** This strength class keeps you guessing with a variety of equipment including weights, resistance bands, and stability balls. Target each muscle group to transform your body into a fat burning machine!

**Boot Camp** An intense total body conditioning class combining plyometrics, HIIT and strength training techniques.

**Kickboxing** Kick, punch and sweat your way to superior cardio fitness in this empowering, martial-arts inspired workout. Drawing basic moves from Taekwondo, Boxing and Muay Thai, engage nearly every muscle in your body while releasing stress and having a blast!

**A.M.P.** THE TOTAL BODY WORKOUT! Agility, Muscle, and Plyometric training. No need for coffee in the morning! A.M.P. up your energy!

**HIIT** The ultimate strength and conditioning interval class, HIIT keeps your body guessing with a different format and focus every day, including: kettlebell, boot camp circuit, TRX, Tabata, medicine ball and head to toe dumbbell workouts. See how far you can push your limits!

**Water Aerobics** Water aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities. Water exercise helps increase your energy, stamina and strength - and it is a healthy way to cool off in the summer.

**Aqua Zumba®** Aqua Zumba® blends the Zumba® philosophy with water resistance, for a pool party that you don't want to miss! There is less impact on your joints during an Aqua Zumba® class so that you can really let loose.

**SUP HIIT** A dynamic and challenging workout on Stand-Up Paddle Boards, work is done in intense bursts of activity with a brief recovery time. Combining body weight exercise with intervals, while challenge your balance - this is one effective workout!

**SUP Yoga** Is your yoga routine getting a little stale? SUP Yoga (Stand Up Paddleboard) will reinvigorate you and improve your practice - all while enjoying the natural splendor of floating on water.

**Tai Chi** Chuan is an ancient Chinese discipline of meditative movements practiced as a system of exercises, a form. The discipline involves a continuous series of controlled slow movements designed to improve physical & mental well-being. 24 form of the Fu Style Tai Chi Chuan. The class will be slow movements to strengthen joints, improve balance, & improve stress levels.

**Studio A Max- 38, Studio B Max- 25, Studio C Max- 22**

All classes are 55 minutes unless otherwise noted. Class times, instructors, and formats subject to change without notice.

Download our fitness APP for **CHANGES & CANCELLATIONS!**

Basin Recreation Field House- 1388 Center Drive (435) 655-0999

[www.basinrecreation.org](http://www.basinrecreation.org)

