

# March 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	3-6-9-WORK Paige	Sun Rise Yoga Jenessa	3-6-9-WORK Paige	Sun Rise Yoga Penny	3-6-9-WORK Paige		
8:00am	Body Balance Jess		Body Balance Jess		Body Balance Jess	Yoga 75min Jenessa BOOT CAMP Tess	
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 Megan  Pilates- Amy	8:30am & 9:35am Power-Hour Christa  Yoga-Katie	Got Barre™ -Laura	75min Yoga Lisa
9:00am	TRX-25min Jess		TRX-25min Jess		TRX-25min Jess		
9:30am	Strength & Conditioning Marisa	Zumba Lisa	Strength & Conditioning Eric	Zumba Denice	Strength & Conditioning Eric	Zumba 9:35am Laura	Zumba Lisa
10:00am	9:30am Barre Tec- Catherine Got Barre™ Catherine	Yoga Nancy	Got Barre™ Laura Kids Yoga Randi Jo	Yoga Lisa	Basin Barre Marisa		
10:35am		Zumba Gold Denice		Zumba Gold Denice		TRX- Val	
11:00am	SilverSneakers Nicole		Senior Fit Nicole		SilverSneakers Nicole		
11:30am		FUN/50 Yoga Patricia		FUN/50 Yoga Edie			
12:00pm	Yoga Jenessa		Yoga Ashley		YOGA Sculpt Tina		3:00PM G.Yoga-Nancy
4:00pm			4:00PM Gentle Yoga- Nancy		Yoga 101 Melissa		4:00PM G.Yoga-Nancy
5:30pm	Body Lab- Tess Yoga Melissa	'Got Barre?™ Catherine 5:45pm YOGA Sculpt Tina	Body Lab- Shaughnessy Yoga Penny	5:00pm Barre Tec- Catherine 'Got Barre?™ Catherine	 <b>Basin Recreation</b> (435)-655-0999 basinrecreation.org  <b>Studio A</b> <b>Studio C</b> <b>Field</b> <b>*FREE*</b>		
6:35pm	Zumba Phinney  7:00pm SUP Yoga Tiffany	TRX- Tess	WERQ® Danielle	Kickboxing Megan			

## Group Cycling Schedule-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am- Tiffany		6:00am- Mark		6:00am- Tess	9:00am- Tess	
		Spin+Stretch 10:00am-Heather 6:00pm Tiffany		Spin+Stretch 10:00am-Mark 6:00pm Tess		<b>All Group Cycle Classes are held in Studio B</b>	

## **Group Fitness Class Descriptions**

**Group Cycling** Group cycling class is a great cardio workout set to music with an instructor leading you on a stationary bike ride. Instructors will guide you on various types of rides during the class involving a wide variety of terrain; flat, open roads, & steep hill climbs.

**Spin & Stretch** Class combines stretching along with group cycling cardio intervals. Great recovery workout!

**Zumba** Class that combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, and effective fitness system. "Don't try Zumba unless you plan on doing it for life!"

**Zumba Gold** A Zumba class for beginners (easy to follow) and active adults alike. This class is as much fun as basic Zumba & has the same great Latin styles of dance—just not as fast and a much lower intensity.

**Body Lab** A weight-lifting class using various equipment including weights, resistance bands, stability balls and more. Every muscle group is specifically targeted to help you transform your body into a fat burning machine!

**'Got Barre?'**™ A fun cardio dance class centered on ballet type fitness training. Benefits of this class include; inches lost longer, leaner muscles, toned core, hips, legs, arms, and shoulders! Class routine will change seasonally.

**Barre Tec** Looking to improve your barre technique? This class will help you focus on the proper muscles to use during your other barre based classes and will increase your strength and flexibility. Use it as a warm up to got barre? or as a standalone class to help you engage the muscles that give dancers those elegant, graceful lines.

**Barre 101** Build a longer, leaner dancer's body with this fun mix of ballet-fitness and barre method toning routines. Areas of focus include abs, booty and arms, plus hands-on form instruction to help you get more strength and definition from other barre classes.

**Basin Barre** Only Basin delivers the best of barre sculpting methods in one challenging, yet fun workout that keeps your body guessing and progressing to its ultimate form!

**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, you'll engage nearly every muscle in your body... while releasing stress and having a blast!

**Body Balance** This class is for recovering athletes, seniors, or anyone trying to gain better core strength, flexibility, cardio health and overall body balance.

**TRX** Suspension training body weight exercise develops strength, balance, flexibility, and core stability simultaneously. You're in control of how much you want to challenge yourself on each exercise because you can adjust your body positions to add or decrease resistance.

**TRX 25** A 25 min TRX power class focused on different body regions based on the day of the week. Monday: upper body, Wednesday: lower body and Friday: progressions.

**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. WERQ Instructors build a playlist based on trendsetting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ?

**Yoga** Yoga is a great way to de-stress, increase flexibility and strength, and stimulate the mind, body & spirit. Breath is emphasized to focus and quiet the mind. For beginners & continuing students. Classes vary in difficulty. Be sure to let the instructor know if you are new.

**Sun Rise Yoga** No better way to start the day! Rise with beautiful views of the sun while doing a Vinyasa 1-2 flow yoga class.

**Gentle Yoga** A restorative type yoga class that progressively works on posture & balance. Great for beginners.

**Yoga 101** A gently paced, flowing yoga class designed to explore the fundamental postures of yoga. Perfect for new practitioners or those wishing to refresh and fine-tune their alignment.

**Kids Yoga** Kids will learn how to be more patient, imaginative and focused while creating a more flexible balanced and strong body. Children will learn to become quiet or energized as needed through poses, meditation, breath work, journaling, and dancing. Ages 3 – 6

**SUP Yoga** Stand up paddle board yoga strengthens your core and all of the stabilization muscles that you don't use as much in regular yoga classes. By working on an unstable surface you'll begin to transform your entire body!

**FREE Creative Flow Yoga** Creative flow incorporates a blend of yoga styles and music to inspire and guides students to find a deeper sense of self through the integration of body, breath and mind. Through creative sequencing and select music (including live music) Sue combines postures to cultivate and open up certain areas of the body in preparation for more complex poses.

**Pilates** This class focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

**FUN/50 Yoga** Fun over Fifty Yoga is a judgement-free yoga class designed for people over the age of fifty. Whether you are an experienced Yogi or new to stretching, you will find yourself energized and rejuvenated after this 1 hour class.

**FREE SUP Yoga** Stand up paddle board yoga strengthens your core and all of the stabilization muscles that you don't use as much in regular yoga classes. By working on an unstable surface you'll begin to transform your entire body!

**Yoga Sculpt** A 60 minutes fusion class that combines vinyasa style yoga with low resistance strength training. The class will lead you through breath and flexibility poses while incorporating cardio bursts and sculpt exercises.

**Strength & Conditioning** This class is designed for maximum calorie burning! It will combine both weights and cardio. Class will be 50 minutes long and will include warm-up, circuit workout, and stretching.

**Strength-Hour** Bring the kids and get stronger! Similar to our "Power-Hour" class but our focus will be on strength!

**SilverSneakers** Muscular Strength & Range of Movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**Senior Fit** Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

**3-6-9-WORK** The ultimate strength and conditioning interval class, 369 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!

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

**Power-Hour** (The Fieldhouse in the winter & Matt Knoop Park in the summer) Power Hour is a 60 minute mix of cardio, drills, strength training and core work. Little ones are welcome and this class is for new and seasoned moms and athletes alike. Whether you are looking to get stronger or just looking to sweat and socialize with other moms this is a great way to spend an hour!

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

### **Studio A Max- 45, Studio B Max- 24, Studio C Max- 25**

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)

