

March 2018 Download our NEW Dash App Today! Dash Online

Group Fitness Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT Paige	A.M.P. -Megan	HIIT Paige	A.M.P. -Megan	HIIT Paige		
6:30am		Sun Rise Yoga		Sun Rise Yoga			
8:00am	Body Balance Jess	SGT! Ashley	Body Balance Eric	SGT! Ashley	Body Balance Jess	Yoga 75min Jenessa BOOT CAMP Shaughnessy	
8:30am	8:30am & 9:35am Power-Hour Christa Creative Flow Yoga- Sue	TRX- Tiffany 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						
9:30am	Strength & Conditioning Marisa	9:35am SGT! Tess Zumba Denice	Strength & Conditioning Eric	9:35am SGT! Tess Zumba Denice	Strength & Conditioning Eric	WERQ® Danielle	Zumba Lisa
10:00am	10:05am Got Barre™ Catherine	Yoga Nancy	Got Barre™ Laura Kids Yoga-Randi Jo	Yoga Lisa	Basin Barre Marisa Tai Chi- Sandy		
10:35am	SGT! Shaughnessy		SGT! Shaughnessy		SGT! Shaughnessy	TRX- Val	
11:00am	SilverSneakers Nicole		Senior Fit Nicole Yoga- Ashley Zumba Gold- Kathryn		SilverSneakers Nicole 		
11:30am		FUN/50 Yoga Edie		FUN/50 Yoga Edie	<i>FREE St. Patrick's Pop Up Classes March 15th! -See back for details!</i>		
12:00pm	Yoga Jenessa	Masters Swim- Tina		Masters Swim- Tina			3:00PM Gentle Yoga Nancy
4:00pm			4:00PM Gentle Yoga Nancy		Yoga 101 Melissa		4:00PM Gentle Yoga
5:30pm	Body Lab- Tess Yoga Melissa	'Got Barre?™ Catherine YOGA Sculpt Tina SGT! Tess	Body Lab- Shaughnessy Yoga Penny	'Got Barre?™ Catherine	 Basin Recreation (435)-655-0999 basinrecreation.org		Studio A Studio C Field UPSTAIRS Pool Class
6:35pm	Zumba Phinney SGT! Michael 7:00pm SUP Yoga Tiffany	TRX- Tess 7:15pm Yoga Abby	WERQ® Danielle SGT! Shaughnessy	7:15pm Yoga Abby			

Group Cycling Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am- Tiffany	Spin+Stretch 9:30am-Ashley 6:00pm Abby	6:00am- Mark 12pm- Kathryn 6:00pm- Tess	Spin+Stretch 9:30am-Ashley 6:00pm Abby	6:00am- Kerri	All Group Cycle Classes are held in Studio B	

Group Fitness Class Descriptions

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!

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

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/or overall balance.

Body Lab This strength class keeps you engaged 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 Boot Camp is an intense total body conditioning class combining plyometrics, HIIT and strength training techniques. Kids are welcome.

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 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.

Gentle Yoga This class is designed to release tension, increase flexibility, rebalance the body, and promote wellness. All levels are welcome.

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

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.

HIIT The ultimate strength and conditioning interval class, HIIT keeps your body guessing with a different format and focus every day, including: kettlebells, circuits, TRX, Tabatas, medicine balls and dumbbell workouts. See how far you can push your limits!

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.

Masters Swim Take your swimming to the next level! Master's Swim offers guided and instructional sessions for swimmers 18 years and older. Come get your lap swimming in with varied and organized workouts.

Pilates Pilates is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking. Core strength exercises are combined with resistance to create a fun challenging workout for all levels.

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.

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

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.

Small Group Training Small group training is designed to give you a total body burn-out with a personalized coach experience! \$12.00 drop, \$100.00 for a ten-punch pass, or \$4.00 with a fitness pass. Classes are limited to 10 people and are held upstairs in our new fitness space.

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!

Strength & Conditioning This class is designed for maximum calorie burning! At 50 minutes long, the class is efficient with a warm-up, circuit workout, and stretching.

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!

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

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!

Tai Chi This class uses a continuous series of controlled slow movements designed to improve physical and mental well-being.

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

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.

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.

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.

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

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 class.

St. Patrick's Day Pop Up FREE! -Good Nutrition - Make Your Own Luck!

Navigating the world of nutrition can be so confusing. It takes a strike of good luck to land on scientifically backed, legitimate information. Join Master Nutrition Therapist Melissa Milam for a comprehensive look at nutrition and genetics. What should you be eating? Is it the same for everyone? Learn to feed your unique body!

When: Thursday, March 15th

Time: 10am: Fitness class (capped at 12 participants) & 11am-12pm: Nutrition class and post-workout Shamrock Shake! (capped at 20 participants)

Location: The Fieldhouse (Fitness class held in SGT area & Nutrition class held in field party room)

Cost: FREE – DROP IN ONLY (no pre-registration).

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

