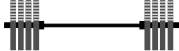

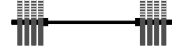
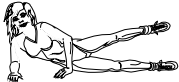



Harry L. Coomes Recreation Center

Group Fitness Programs

July/August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 8:15a Zumba A 9 10:15a Oxygen Overload A/B 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	19 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	20 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	21 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	22 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	23 9-10a ExPRESSo A 10:15 – 11a Zumba A 
24	25 8:15a Zumba A 9 10:15a Oxygen Overload A/B 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A	26 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	27 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	28 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	29 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	30 9-10a ExPRESSo A 10:15 – 11a Zumba A 
31	1 8:15a Zumba A 9 10:15a Oxygen Overload A/ 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A	2 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	3 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	4 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	5 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	6 9-10a ExPRESSo A 10:15 – 11a Zumba A 
7	8 8:15a Zumba A 9 10:15a Oxygen Overload A/B 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A	9 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	10 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	11 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	12 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	13 9-10a ExPRESSo A 10:15 – 11a Zumba A 
14	15 8:15a Zumba A 9 10:15a Oxygen Overload A/B 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A	16 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	17 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	18 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	19 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	20 <u>NO CLASSES</u> <u>Due to Training in Meeting Rooms</u>

21	22 8:15a Zumba A 9 10:15a Oxygen Overload A/B 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A	23 8:15 – 9 Pure Pilates A 9- 10a Re”FLEX”ion A 10:15 a Zumba A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A 7:30-8:45p Ballroom Dance A	24 8:15a Zumba A 9- 10:15a Oxygen Overload A/B 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	25 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 11:15 – 12 p Cardio Circuit A 5:45– 7p Work It All A	26 8:15 a Zumba A 9 – 10:15a Extreme Makeover A 5:30 p TGIF	27 9-10a ExPRESSo A 10:15 – 11a Zumba A 
----	---	--	--	---	--	--

MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES

6.00 MEMBERS / \$12.00 NONMEMBERS for 6 pass card / **Ballroom Dance\$16 members / \$20 nonmembers for 6 week session

Fitness Instructors / Group Descriptions listed on back

Silver Sneakers Classes(those who are eligible for Silver Sneakers qualify to participate in these classes for no charge – cards must specifically reflect this membership – members and nonmembers may also participate in classes through utilizing the fitness passes)

***Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time

ZUMBA (Carla Griffith, Amanda Godfrey, Shelley Gadola)- Latin inspired dance fitness class which creates a dynamic, exciting, and effective fitness system for any level!! Combining fast and slow rhythms that tone and sculpt the body, this new concept will provide a balance of cardio and muscle toning!!! EXERCISE IN DISGUISE!! Limit 30 participants

Oxygen Overload (Carla Griffith) - A mix of heart pumping cardio to include step aerobics, kickboxing, and ball aerobics along with resistance training exercises using free weights to target all major muscle groups. An excellent way to burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density Something new every class! Great for those who like to mix it up!! Limit 25 persons

Re”FLEX”ion(Nicki Honaker) – You will be amazed when you look in the mirror and see the results!!! In this weight training class you will burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

SilverSneakersMSROM(Anna Broyles) –Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit(Anna Broyles) - Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

PUMPED UP(Mary Rodriguez) - This weight training class is here to “Pump You Up” by burning fat, improving body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

Pure Pilates – A class that focuses on the principles of Pilates, using a variety of techniques to help you reach your goal of a stronger core. Suitable for all levels.

ExPRESSo(Libby Stokes) - Better than a boost of caffeine to start your day!! In this weight training class you will burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

Pure Cardio(Mary Rodriguez / Libby Stokes) - 30 minutes of heart pumping action – A great way to get on target with your cardio routine in a short amount of time!!! Give it a try!! Limit 20 participants

OnCORE(Kim Dove / Valerie Ringstaff) - Not your normal Pila-T-s class. Inspiring, Invigorating, Rejuvenating core centered workout utilizing the breath along with a finale of challenges alternating between magic circle, stability ball or bands. Get to the CORE of your workout with this class. Limit 15 participants

Work It All(Libby Stokes) - Looking for variety? This is the class for you! Full body workout incorporating cardio, strength training, core training and flexibility every time you come to class. Class will include circuit step workouts, circuit stations workouts, drills, step/BOSU intervals, and a 20/20/20 fusion (20 minutes of cardio, 20 minutes of strength training and 20 minutes of Pilates). You won't get bored in this class! Limit 20 participants

STEPPIN OUT(Mary Rodriguez) - A great night “out”! This class is an energetic fat burning cardio class with simple step moves and basic step combinations. An added bonus is the abdominal workout, muscle toning, and hi- lo floor circuits. Make your reservations today!! Limit 25 participants

Extreme Makeover(Karen Kilgore) - Forget the plastic surgery!! This 60 minute interval cardio and weight training class will help you make over your body without paying the big \$. You will work all of the major muscle groups and feel like a million when you finish!!

TGIF (Thank Goodness It’s Fitness)(Valerie Ringstaff) – Set the tone for your weekend and work off the stresses of the week. This toning and abs class will target all major muscle groups utilizing barbells, dumbbells, tubing, Bosu, fit ball and Pilates techniques. P.S. – you’ll still have time for dinner and a movie!!!

Ballroom Dance – Learn the basics of the different styles of ballroom dancing ranging from the fox trot, waltz, cha cha, rumba and swing. Grab your partner and dancing shoes!! Instructor: Ashby Dickerson

Instructors : Anna Broyles, Kim Dove, Amanda Godfrey, Shelley Gadola, Carla Griffith, Nicki Honaker, Karen Kilgore, Valerie Ringstaff, Mary Rodriguez, Libby Stokes, Ashby Dickerson