



Group & Water Exercise Schedule



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Aerobic Studio	8:00am			TBC Nicole			9:00am	Zumba® Christy/Angela	
	9:15am	Zumba® Christy	BodyFit Gena		Core Condition Nicole	Body Fit Carmen	10:00am	BOSU® HIIT Carmen	
	10:15am	All Levels Yoga RoseMarie		Zumba® Tranika	Zumba® Stacy				
	5:00pm	Pilates Christy			Barre Burn Monica				
	5:30pm		Cardiokick Sharon	Zumba® Monica			2:00pm		Zumba® Christy
	6:00pm	BOSU® HIIT Carmen			Cardio Step Jarisha		3:00pm		Yoga RoseMarie
	6:30pm			"The Sweat Box" Katherine					
	7:00pm	Barre Burn Katherine							
Gym/Meeting Room	5:15am	Boot Camp Jessica		Boot Camp Jeff		Boot Camp Jeff			
	8:00am		Fire Workout Rhynia***		Fire Workout Rhynia***				
	8:45am	Senior Fitness Ashleigh		Senior Fitness Monica		Zumba Gold® Marisa			
	9:15am								
	10:15am	Restorative Yoga Meri		Yoga Kelly		Yoga Meri			
	6:00pm	Zumba® Angela							
	6:30pm		TBC Katherine						
	7:00pm		Yoga Tina		Yoga Anne				
Spin®	5:15am		Spinning® Mary/Sharon		Spinning® Rob		9:00am	Spinning® Sharon	
	8:15am		Cycle Gena				2:00pm		Spinning® Rob
	9:15am	Cycle Becky		Cycle Becky		Spinning® Mary			
	6:00pm	Spinning® Rob	Spinning® Crystal	Spinning® Rob					
Water	9:00am	Deep Water Donna		Deep Water Donna		Deep Water Donna			
	10:00am	Shallow Water Donna		Shallow Water Donna		Shallow Water Donna			
	9:15am		Deep Water Katie		Deep Water Katie				
	10:15am		Shallow Water Katie		Shallow Water Katie				
									Updated: 1/6/23

Barre Burn- Utilizing the ballet **barre** to perform small isometric movements set to fantastic music, **Barre Burn** is a total body workout that lifts your seat, tones your thighs, abs, and arms, and burns fat.

Hi/Low Cardio- A full body hi/low impact workout incorporating simple cardio exercises moves that will torch calories while shaping & toning your muscles.

Body Fit - The ultimate class for all fitness levels who want to get an ALL-IN-ONE workout. This class incorporates a variety of equipment that will reshape your body and deliver cardio training to get your heart pumping.

Core Conditioning - A class consisting of stabilization techniques & strengthening for the whole body. Focusing on the entire core incorporating the abs, oblique's and lower back.

Yoga - This class is a great stress reducer by incorporating deep-breathing techniques and movements to increase flexibility, balance, & core strength.

ALL Levels- This class is for participants wanting to work on more advanced poses.

The Sweat Box - Cardio taken to another level with a different format each week: cardio/core, kickboxing, AMRAP, strength and plenty of sweat.

Cardio Crunk Step - High energy cardio step with music that will motivate you to move. A great workout perfect for anyone from beginner to expert.

Total Body Conditioning - Strengthen your whole body using dumbbells, resistance bands, body bars, stability balls, and barbells!

Zumba®/Zumba Gold- Turn up the music and groove! This class includes a variety of Latin dance rhythms working the entire body.

Spinning® - This indoor cycling class blends cycling techniques, sound training principles & expert coaching providing you with a training session that will burn calories, energize, challenge and inspire you. Designed for all ages & fitness levels. New riders are **STRONGLY ADVISED** to arrive 10 minutes early for individualized set up on a bike.

Pilates - Emphasis on the support and strengthening the "Power house". Intense engagement of the muscles in this area produces the dramatic results in posture and body shape.

Boot Camp - High energy class designed to provide an all over body conditioning.

Cardiokick-A full body workout that consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a cool-down.

Senior Fitness - 8:45am: 30 minutes of low impact aerobics; 9:15am: strength training, stretching & balance improvement . (1hr15 min. class)

BOSU "HIIT"- **HIGH INTENSITY INTERVAL TRAINING**- An entirely new way to train your body or take it to whole new level. HIIT will include cardio and strength intervals using the BOSU which will improve core stability and overall strength.

Shallow Water - A Fitness class designed to sculpt & firm muscles while improving balance, heart and lung function using 360 degrees of resistance. There is some impact.

Deep Water - Classes will increase core strength, stability, and stamina. This is an impact-free environment.

Fire Workout - an intense 45 minute workout that focuses on upper body, lower body, core, flexibility, balance, coordination, plyometrics, and cardiovascular principles. *** **This is a paid class**

Gym Games - Too old for childcare, yet too young to run around the Recreation Center by yourself? Join our drop-in program. Age appropriate activities provided in the gym for 2 hours. Our trained BRC staff will lead all of our activities. **Parents are required to sign children in and out each day. Remember** – bring gym shoes.

**Instructors, formats, and location of classes are subject to change without prior notice.
All Spin participants are required to sign up at front desk before class starts.**

*Call the Bartlett Recreation Center at 385.6470 for more information.
Effective 1/1/2023*