



# Group & Water Exercise Schedule



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
		<b>Aerobic Studio</b>	8:00am	TR-Xpress Nicole		TBC Nicole		TR-Xpress Nicole		8:00am
9:00am	Zumba® Angela		BodyFit Gena		Core Condition Nicole	Body Fit Carmen	9:00am	Zumba® Christy/Angela		
10:15am	Vinyasa Flow RoseMarie			Zumba® Tranika	Zumba® Stacy		10:00am	HIIT Fusion Carmen		
5:00pm					Barre Burn Monica					
5:30pm			Cardiokick Sharon	Zumba® Monica			2:00pm		Zumba® Christy	
6:00pm	HIIT Fusion Carmen						3:00pm		Yoga Level 1-2 RoseMarie	
6:30pm				Cardio Crunk Step Jarisha	"The Sweat Box" Katherine					
7:00pm	Barre Burn Katherine									
<b>Gym/Meeting Room</b>	5:15am			Boot Camp Jeff		Boot Camp Jeff	9:30am	Fire Workout Rhynia***		
	8:15am		Fire Workout Rhynia***		Fire Workout Rhynia***					
	8:45am	Senior Fitness Christy		Senior Fitness Monica		Zumba Gold® Marisa				
	10:15am	Restorative Yoga Meri		Yoga Kelly		Yoga Meri				
	11:15am		Chair Yoga Katie		Chair Yoga Katie					
	3:45pm		Fire Workout Rhynia***		Fire Workout Rhynia***					
	5:30pm		Step Strong Mary		Step Strong Mary					
	6:00pm	Zumba® Angela								
	6:30pm		TBC Katherine							
	7:00pm		Yoga Tina		Yoga Anne					
<b>Spin®</b>	5:15am		Cycle & Sculpt Mary/Sharon		Spinning® Rob		9:00am	Cycle & Sculpt Sharon		
	9:15am	Cycle Becky		Cycle Becky		Cycle & Sculpt Mary		2:00pm		Spinning® Rob
	6:00pm	Spinning® Rob	Spinning® Crystal	Spinning® Rob	Spinning® Lamont					
<b>Water</b>	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				2/16/2024	

**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.

**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/Vinyasa Flow** - This class is a great stress reducer that incorporates deep-breathing techniques and movements to increase flexibility, balance, & core strength.

**Chair Yoga** - This chair class will be including all of the same yoga movements to increase flexibility, balance, & core strength of a regular yoga class, but with the option of a chair for more stability.

**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(TBC)** - 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.

**Cycle & Sculpt** - All the benefits of our regular cycling classes, with the added strength training of light weights.

**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 integrating light weights, and a cool-down.

**Step Strong** - This traditional step class with easy to follow combinations will add strength training by using resistance bands, body bars, hand weights and more.

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

**HIIT Fusion** - 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 various equipment including the TRX Suspension Straps, weights and more to improve core stability and overall strength.

**TR-Xpress** - A 30-minute total body fitness exercise class with TRX Suspension Straps which use your body weight to build power, strength, flexibility, balance, and mobility at the intensity level you choose. TRX will take your workouts to a new level.

**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 60 min. 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 TR-Xpress & 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 2/16/2024*