

GROUP X



Winter 2019

January 7-April 1, 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Saturday

AM RISE & GRIND

5:15-6:15a | Gymnasium

Renee | ●

GENTLE AQUA

8:00-9:00a | Leisure Pool

Angie T. | ● ●

HIGH FITNESS

8:30-9:20a | Group X

Lauren | ● ●

PILATES MAT

9:30-10:20a | Group X

Monica | ● ●

CHAIR YOGA

10:00-11:00a | Multi-Purpose

Angie | ● ●

CYCLE STRENGTH FUSION

10:30-11:20a | Group X

Vanessa | ● ● ●

HAPPY HOUR YOGA

12:00-1:00p | Group X

Melissa W. | ● ●

4x4 FIT

5:30-6:20p | Group X

Anna | ● ●

AQUA ZUMBA

6:30-7:30p | Lap Pool

Nora | ● ● ●

ZUMBA

6:30-7:20p | Group X

Gabby | ●

CYCLE STRENGTH FUSION

5:15-6:15a | Group X

Kari | ● ●

RESTORATIVE YOGA

7:00-7:50a | Group X

Angie F. | ● ●

GENTLE AQUA

8:00-9:00a | Leisure Pool

Kari | ● ●

POWER SCULPT

8:30-9:20a | Group X

Jamie | ●

AQUA BOOTCAMP

9:00-10:00a | Lap Pool

Kari | ● ● ●

BARRE FITNESS

9:30-10:20a | Multi-Purpose

Monica | ● ●

ZUMBA

09:30-10:20a | Group X

Gabby | ●

ACTIVE AGING

10:30-11:20a | Group X

Nora | ● ●

EXPRESS CYCLE

11:30a-12:05p | Group X

Jacqi | ● ● ●

BODY BACK ^{\$}

11:00a-12:00p | Multi-Purpose

Michelle | ● ● ●

EXPRESS FIT

12:15-12:45p | Multi-Purpose

Jacqi | ● ●

YOGA FLOW

5:30-6:20p | Group X

Sara | ● ●

POWER CYCLE

6:30-7:20p | Group X

Anna | ● ● ●

AM RISE & GRIND

5:15-6:15a | Gymnasium

Renee | ●

GENTLE AQUA

8:00-9:00a | Leisure Pool

Kari | ● ●

HIGH FITNESS

8:30-9:20a | Group X

Jamie | ● ●

HYDROTONE

9:00-10:00a | Lap Pool

Nora | ● ● ●

POWER CYCLE

9:30-10:20a | Group X

Vanessa | ● ● ●

PILATES MAT

9:30-10:20a | Multi-Purpose

Kari | ● ●

4x4 FIT

10:30-11:20a | Group X

Vanessa | ● ●

LINE DANCING

11:30-12:20p | Multi-Purpose

Melissa O. | ● ● ●

HAPPY HOUR YOGA

12:00-1:00p | Group X

Melissa W. | ● ●

BODY BACK ^{\$}

5:30-6:20p | Multi-Purpose

Michelle | ● ● ●

4x4 FIT

5:30-6:20p | Group X

Anna | ● ●

AQUA BOOTCAMP

6:30-7:30p | Lap Pool

Angie F. | ● ● ●

ZUMBA

6:30-7:20p | Group X

Gabby | ●

CYCLE STRENGTH FUSION

5:15-6:15a | Group X

Kari | ● ●

RESTORATIVE YOGA

7:00-7:50a | Group X

Angie F. | ● ●

POWER SCULPT

8:30-9:20a | Group X

Meagan | ● ●

AQUA BOOTCAMP

9:00-10:00a | Lap Pool

Casey | ● ● ●

BARRE FITNESS

9:30-10:20a | Multi-Purpose

Monica | ● ●

ZUMBA

09:30-10:20a | Group X

Nora | ●

ACTIVE AGING

10:30-11:20a | Group X

Nora | ● ●

EXPRESS CYCLE

11:30a-12:05p | Group X

Nora | ● ● ●

BODY BACK ^{\$}

11:00a-12:00p | Multi-Purpose

Michelle | ● ● ●

EXPRESS FIT

12:15-12:45p | Group X

Kim | ● ●

YOGA FLOW

5:30-6:20p | Group X

Sara | ● ●

POWER SCULPT

6:30-7:20p | Group X

Jamie | ● ●

AM RISE & GRIND

5:15-6:15a | Gymnasium

Renee | ●

AQUA ZUMBA

8:00-9:00a | Leisure Pool

Nora | ● ●

HIIT

8:30-9:20a | Group X

Vanessa | ● ●

YOGA FLOW

9:00-9:50a | Multi-Purpose

Katti | ● ●

PILATES MAT

9:30-10:20a | Group X

Monica | ● ●

CYCLE POWER 90

10:30a-12:00p | Group X

Vanessa | ● ● ● ●

BODY BACK ^{\$}

8:00-9:00a | Multi-Purpose

Michelle | ● ● ●

4x4 Fit

8:30-9:20a | Group X

Anna | ● ●

AQUA BOOTCAMP

9:00-10:00a | Lap Pool

Kim | ● ●

POWER CYCLE

9:30-10:20a | Group X

Anna | ● ● ●

HIGH FITNESS

10:30a-11:20a | Group X

Meagan | ● ●

YOGA FLOW

10:30a-12:00p | Multi-Purpose

Melissa W. | ● ●

GROUP EX CLASS DESCRIPTIONS

4x4 FIT – This versatile workout combines all of your favorites into one! Cardio, Strength, Core and Stretch. A great total body conditioning workout to make you feel good about your day!

ACTIVE AGING – This class will help increase strength, mobility, coordination and balance, incorporating breathing and relaxation, core exercises, resistance exercises using body weight and equipment. Exercises are performed standing, sitting and/or on the floor. Modifications are made for mobility-impaired individuals.

AM RISE AND GRIND – The perfect way to start your day! Expect the unexpected-any form of cardio, strength, core and more.

AQUA BOOTCAMP – This fun Aqua Fitness class will challenge you with cardio and strength, all in the lower impact surroundings of the pool! Plenty of options for all fitness levels, so suitable for any and all!

AQUA ZUMBA – Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise class to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you should not miss!

BARRE FITNESS – This total body conditioning class will sculpt a long, lean ballet body (and booty!) Exercises may include low to no impact work, as well as upper body conditioning with light hand held weights, bands, or other equipment.

BODY BACK \$ – A results-based program that combines twice-weekly small group classes of high-intensity interval training (HIIT) with at-home supplemental workouts, meal plans and a food diary, online coaching, and “before and after” fitness assessments/measurements.

Class costs \$290 for 8-week class run.

CHAIR YOGA – Grab a chair and join us for one of the gentlest forms of yoga available! With a chair for support, this class will challenge the body and mind through strengthening, stretching, relaxing and breathing. Feel good and experience the many benefits of yoga without having to get up or down from the floor!

CYCLE POWER 90 – This cycle class is for those who want the heart pumping action of cycle strength fusion with an additional 30 minutes giving you 90 total minutes of sweat!

CYCLE STRENGTH FUSION – Cycling is a fat burning cardiovascular workout that strengthens the legs, lungs and heart with an energetic combination of flats, hills and sprints. But wait - there's more! Class also includes total body exercises performed off the bike. Take your cycling workout to a new level! New participants should arrive 10 minutes before class for bike setup and safety overview. Please do not wear cycling shoes for this class.

EXPRESS FIT – The perfect class for the busy individual who would like to address all their fitness needs. This class offers cardiovascular action, flexibility training, strength building, and also core strengthening. This 30-minute express class aims to provide a customized workout plan in the shortest amount of time possible.

EXPRESS CYCLE – This class takes the same principles as Power Cycle and condenses it into a 40 minute format for those wanting a quick workout.

GENTLE AQUA – Water aerobics offers a total body workout in a non-impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete and total workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O at Das Rec!

HAPPY HOUR YOGA – Just what you need for your mid day release. Begin with relaxation and breathing and slowly progress through poses which put power back into your system. Feel stronger and more energized for the rest of your day.

HIGH FITNESS – A hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. Get Addicted to Being Fit. BODY SCULPTING FUN!

HIIT – High Intensity Interval Training at its best! This 30-minute workout involves a series of low to high intensity periods

of exercises, focusing on burning calories, improving cardiovascular endurance, and building strength. All levels welcome.

HYDROTONE – A great way to shape up in the water. Use hand-held water weights and other forms of resistance to tone and sculpt your muscles and feel the burn...in the water!

PILATES MAT – Think long and lean. This class focuses on strength and flexibility of the major muscle groups centered around using your core or power house. The instructor may use additional equipment such as stability balls, resistance band, or rings to enhance movements.

POWER CYCLE – This non-impact workout is great for increase your cardiovascular strength while simulating an outdoor cycle experience. Includes intervals, hills, speed work and more. Great for all fitness levels.

POWER SCULPT – The perfect total body, muscle building workout for any fitness level. This class is designed to improve strength and definition in the muscles through resistance and repetition utilizing a variety of equipment. This is a great class for burning plenty of calories and being sure you hit every muscle group!

RESTORATIVE YOGA – This style of yoga might be best described as a supported, conscious body and mind relaxation practice to relieve fatigue and stress, promote well being and bring healing balance to your life. A great recovery workout.

YOGA FLOW – Utilizing Hatha, Vinyasa, and Yin yoga, Yoga Flow will be sure to help you find your Zen as you work on flexibility, strength and balance. In Yoga Flow, you will move from pose to pose with your breath. A great class for all levels of practice. Namaste.

ZUMBA – High energy, captivating music and Latin inspired moves will leave you feeling great and wondering when the next class is! ZUMBA is a “feel good” workout geared toward all levels. Don't think you're a dancer? No problem! We're sure you'll find your inner dancer at ZUMBA.