

Group Exercise Schedule

January 1– March 31 (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Zumba® Yolanda	Body Sculpting Yolanda	Spin Kevin	Body Sculpting Yolanda	Spin Kevin		
7:00 AM		Yoga Mira Bai		Yoga Mira Bai		8:15 AM	Zumba® Rose
8:15 AM		Pilates Lori		Shape It Up Lori		9:15 AM	Abs Gluts Thighs Jeanie
8:30 AM	Zumba® Rose		Zumba® Rose			10:15 AM	Yoga Elissa
9:15 AM				Forever Young Lori		11:15 AM	Body Sculpting Yolanda
9:30 AM	Forever Young Lori		Zumba Gold® Lori	Goof & Giggle Sharon	Trim & Tone Lori		
10:30 AM		Silver Sneakers® MSROM Karen		Silver Sneakers® YogaStretch Karen	Silver Sneakers® MSROM Karen		
2:00 PM							
3:00 PM	ZumbAtomic Rose (3:30)				CTM™ Training for Adults NAMC, Inc.		
4:00 PM	Kids Jazz Dance Carla		Hard Core Abs Jeanie (4:30)		CTM™ Training for Kids NAMC, Inc		
5:00 PM	EnerJeanie Jeanie	Yoga Sara	EnerJeanie Jeanie	Yoga Elissa	Zumba® Yolanda/Sara (5:30pm)		
6:00 PM	Yoga Mira Bai	Zumba® Rose	Yoga Mira Bai	Zumba® Rose			
7:00 PM	Zumba® Rose	Boot Camp Jeanie	Zumba® Rose	Total Body Tone Jeanie	Reiki Tara (6:30p-9:00p)		
8:00 PM	Old Town Kung Fu	Spin Anita	Old Town Kung Fu				

- = Free to Members
- = Discounted \$2 for Members, \$8 for Non-Members
- = Free brought to you by



- = Instructor pricing

Please sign in at the front desk and get a number for each class.

Please see class descriptions on reverse side.



150 S. 6th Street
Cottonwood, AZ 86326
928.639.3200
cottonwoodaz.gov/parksrec

Class description

Free to Members

Aerobics “EnerJeanie”- Jeanie Swesey

Fun aerobics class for teens, adults, men and women. Get fit in a high energy class that anyone can step into.

Total Body Tone- Jeanie Swesey

This class is an all over body sculpting class. This class will shape you, tone you, increase your strength, while burning lots of calories.

Boot Camp- Jeanie Swesey

Burn lots of calories while working the whole body in a fun and efficient class.

Abs, Gluts & Thighs- Jeanie Swesey

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs) Second half hour focuses on legs; outer thigh, inner thigh & gluts. Great for the ladies!

Yoga- Elissa Ballew

Vinyasa Flow style yoga focusing on breath-synchronized movement. Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on & off the mat. This class is geared toward intermediate to advanced students, but all levels are welcome.

Yoga- Sara Woosley

This introductory yoga class explores the philosophy and practice of Hatha Yoga, including breathing exercises, yoga poses and relaxation techniques. Students will become more self aware and conscious of their breath, body, and mind. An overall sense of well-being and connection will result from regular practice.

Yoga- Mira Bai Fairlight

Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and intermediate students with health challenges.

Zumba®- Rose Ortiz, Yolanda Mier, Sara Woosley

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

ZumbAtomic®- Rose Ortiz

The fun, healthy, Zumba for Kids program! Ages 4-12.

Shape it Up- Lori Maine

A 60-minutes low impact aerobics workout combined with toning using light weights working the entire body.

Zumba® Gold- Lori Maine

A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

SilverSneakers® Muscular Strength & Range of Movement

(MSROM)- Karen Runyon

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Forever Young- Lori Maine

A specialized fitness class for older adults consisting of low impact, weight-bearing chair and standing exercises using resistance bands and light weights.

Free to Members

Body-Sculpting- Yolanda Mier

A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body.

Pilates- Lori Maine

A total body workout to reshape and tone to look longer and leaner by using simple-yet effective techniques. Great for any age or fitness level to increase flexibility, flatten abs and improve your posture.

Trim, Tone & Define your Body- Lori Maine

25 minutes of basic aerobic routine for burning fat and building cardiovascular endurance, 20 minutes of full body toning program designed for contoured results using Weights, Bands, Balls, and/or Pilates.

SilverSneakers® YogaStretch- Karen Runyon

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Discounted for Members

(\$2 for members, \$8 for non-members)

Spin- Anita Walden

Try this cardio-intensive work out on a stationary bike. Work on sprinting, power resistance, spinning techniques and stamina.

Spin- Kevin Dix

A low impact fitness activity for people of all ages and fitness levels. Get ready for fun and encouragement.

Instructor Pricing

Kids Jazz Dance- Carla

Jazz Dance for children ages 7 to 12. Includes a warm-up, floor exercises and choreography. \$30 per month.

CTM™ Training Method- Northern AZ Movement Center, Inc.

A class designed to get special needs children and adults moving. This class builds confidence through motion one-move-at-a-time. \$2.50 per class.

Goof & Giggle- Sharen Pearson

For children 1-3 years old. Including Music Fun: Playful art Creations: Science Explore and Balls Galore! You won't believe what your Toddler can do! Contact the front desk for more information.

Reiki- Tara Mullins

Heal yourself and lose weight with the ancient art of sacred healing. \$25 per class.