

Group Exercise Schedule

Class START TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WATER						
9:00AM	Pool Party Karen		Pool Party Karen			
10:00AM		Silver Sneakers Splash® Linda		Silver Sneakers Splash® Linda		
11:00 AM	Silver Sneakers Splash® Linda	Silver Sneakers Power & Strength Linda	Silver Sneakers Splash® Linda	Silver Sneakers Power & Strength Linda	Silver Sneakers Oodles of Noodles Linda	



Jiu Jitsu Class
 \$10.00 members
 \$15.00 non-members



STUDIO

9:00 AM				Brain, Bone, & Balance Karen	Just Dance Karen	
10:00 AM	Silver Sneakers® Classic Karen	Silver Sneakers® Yoga Karen	Fit & Flex Karen	Silver Sneakers® Yoga Karen	Silver Sneakers® Classic Karen	
11:15 AM	Jiu Jitsu Ted Osburn Ends at 1:00PM		Jiu Jitsu Ted Osburn Ends at 1:00PM			Jiu Jitsu Ted Osburn Ends at 1:00PM
5:00PM	H.I.I.T. Jeanie	Boot Camp Jeanie	Abs GlutesThighs Jeanie	Evolve Jeanie	Yoga Jeanie	
6:00PM		Zumba Hande		Zumba Hande		

The Cottonwood Recreation Center reserves the right to cancel or change a class if Minimum participation is not met.

Please sign in at the front desk for all classes.

Class descriptions on reverse side.

All classes are 50 minutes of instruction unless otherwise noted.

**150 S. 6th Street
Cottonwood, AZ 86326**

Class description– 50 minute classes unless otherwise noted

Free with a membership or day pass unless otherwise noted

Abs, Glutes & Thighs- *Jeanie Swesey*

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs– **25 minutes**) Second half hour focuses on legs; outer thigh, inner thigh & glutes. Great for the ladies!

H.I.I.T. (Where you win and fat cries) -*Jeanie Swesey*

Get ready to sweat. **25 minutes** of High Intensity Interval Training (H.I.I.T.) utilizes a series of exercises at maximal intensities. This is where results are made, nuff said. Monday and Wednesdays from

R.I.P.P.E.D. X (For an Xtreme workout) -*Jeanie Swesey*

25 minutes of Resistance based (Free weights), Interval powered (Not for the light hearted), with plyometrics (**For Xtreme results**).

Boot Camp- *Jeanie Swesey*

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

SilverSneakers® Classic - *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. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Free to all members.

SilverSneakers® Yoga -*Karen Runyon*

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. Free to all members.

EVOLVE - *Jeanie Swesey*

This class is an all over body sculpting class. This class will shape you, tone you, increase your strength, balance, and flexibility while burning lots of calories. Evolve your form to a stronger, more confident you!

CRC Yoga - *Jeanie Swesey*

This Yoga class is for all levels.

This class offers restorative yoga poses and deep breathing exercises. Prepare for a complete body and mind relaxation and distress from everyday pressures.

Brain,Bone & Balance– *Karen Runyon* -Lack of movement, NOT AGE, causes muscle weakness, loss of bone density and thus balance difficulties. Exercise is the key to a clear, responsive brain promoting a healthy, strong and well balanced body. This class challenges participants by using multifaceted movements, balance postures, resistance tools and mind exercises. Exercise the body to exercise the mind. Everyone works at their own fitness level. It's never too late!

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

Fit & Flex – *Karen Runyon* - A class that will activate the entire body. A safe but challenging range of various exercises will increase cardio fitness, sculpt & strengthen muscle, build bone density and flexibility while torching those calories.

A combo of weights, bands, steps and stability balls will tone and trim. Multifaceted stretching techniques will lengthen, provide muscle and fascia release along with much needed stress release & relaxation.

Just Dance- *Karen Runyon*

Whether you are light to the step or have two left feet-this class will engage your mind and get your body buzzing! A variety of easy combos of everything from Latin to line dancing will improve your balance, endurance, coordination and cardio strength. You might discover some hidden muscles and talent. Perfect for everyone and every BODY! No dance experience needed add your own personality and flare with a side order of fun!

Power & Strength– *Linda Weisburg*

Enjoy water's natural buoyancy and resistance in this Triple-A awesome aqua aerobics class. Improve overall stamina and increase joint flexibility, muscular strength and range-of-motion through a series of peppy water aerobic exercises and resistance/ buoyancy equipment. Use of aquatic shoes is required to cushion and protect feet, ankles and

Oodles of Noodles - *Linda Weisberg*

Noodles are a fun way to enhance a water workout. We can tie them in a knot, twist them, ride 'em cowboy-style, float, push and pull, step on them and use them in other imaginative ways. Exercises in the water and the additional resistance will help firm the entire body from upper arms, legs, core muscles and everything in between. Aqua shoes are strongly recommended for this class.

SilverSneakers Splash® - *Linda Weisburg*

Activate your urge for variety! Splash offers lots of fun, shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.

Pool Party–*Karen Runyon*

This workout will rev up the heart rate, increase endurance, flexibility, and balance! Enjoy a total body toning while relieving stress, tension, and stiffness! The combination of water resistance along with kickboards, noodles, bands, and the lazy river will provide an invigorating challenge. Participants control their own intensity. No swimming experience required. All ability levels will benefit from this refreshing "Pool Party".

Jiu Jitsu- *Ted Osborn*

American Jiu Jitsu combines BJJ with Wrestling & Judo. Explore the art of grappling while working every muscle in your body .Our sessions practice Gi & NoGi training.