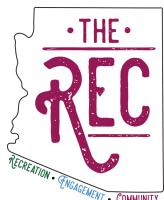


GROUP EXERCISE SCHEDULE



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM		<i>Spin Out</i> Rose		<i>Indoor Cycle</i> Rose		
8 AM		<i>Rock Step</i> Rose		<i>Rock Step</i> Rose		
9 AM	<i>Zumba</i> Rose		<i>Zumba</i> Kristy	<i>Fusion Fitness</i> Rose		<i>Zumba</i> Kristy
10 AM	<i>Silver Sneakers® Classic</i> Rose		<i>Breathe and Balance</i> Rose	<i>Silver Sneakers® Classic</i> Vickie		
5 PM	<i>Yoga</i> Jeanie	<i>Boot Camp</i> Jeanie	<i>Abs Glutes Thighs</i> Jeanie	<i>EVOLVE</i> Jeanie	<i>Yoga</i> Jeanie	
6 PM		<i>Zumba</i> Hande	<i>Life Jiu-Jitsu</i> Teddy \$5/person	<i>Zumba</i> Hande		

All classes are 50 minutes of instruction unless otherwise noted.
 The Cottonwood Recreation Center reserves the right to cancel or change a class if minimum participation is not met.



CLASS DESCRIPTIONS

CLASSES ARE FREE WITH A REC MEMBERSHIP OR DAY PASS UNLESS OTHERWISE NOTED

Abs, Glutes & Thighs with Instructor Jeanie

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs- 25 minutes) The second half hour focuses on legs, outer thigh, inner thigh & glutes.

Boot Camp with Instructor Jeanie

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

Breathe & Balance with Instructor Rose

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. Everyone works at their own level.

EVOLVE with Instructor Jeanie

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!

Fitness Fusion with Instructor Rose

This class is a strength training class designed to maximize results in a safe, fun & fast-paced format. Participants will use light weights and a yoga mat. Shoes are required. Workout attire should be worn.

Life Jiu-Jitsu Family Classes with Teddy

Our classes are for kids ages 5 to 17. Parents may attend classes with their children. Our class focus is to help kids develop the skills needed for basic self-defense. We learn striking and grappling.

Rock Step with Instructor Rose

Step Aerobics is a timeless, classic cardio workout that delivers results. This class offers a ton of fun and an amazing workout using a 4 to 12 inch raised platform.

Silver Sneakers® Classic with Instructors Rose & Vickie

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.

Spin Out with Instructor Rose

A low-impact, high-intensity full-body workout. This cycling class is not just a workout, it's an experience! Beginner level to Expert.

Silver Sneakers® Classic with Instructor Rose

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.

Yoga with Instructor Jeanie

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

Zumba® with Instructors Hande, Kristy, Rose

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

All classes are 50 minutes of instruction unless otherwise noted.

COTTONWOOD RECREATION CENTER • 150 S. 6TH STREET, COTTONWOOD, AZ • 928-639-3200