

# 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.

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