

**MAY 2019 CLAREMORE RECREATION CENTER
GROUP EXERCISE CLASSES**

MONDAY		THURSDAY	
5:30-6:20	Cycle (Lori)	5:00-5:45	Circuit Burn (Sue)
7:30-8:30	Yoga (Jennifer)	8:45-9:45	Pilates (Benna)
8:45-9:45	Step (Sandy 5/6 5/13; Rachel 5/20 5/27)	10:00-11:00	Silver Sneakers® Yoga (Jennifer)
10:00-10:50	Cycle (Paula 5/6; Andrea 5/13 5/20 5/27)	10:00-11:00	Boot Camp *In Gym* (Trish)
10:00-11:00	Silver Sneakers® *In Gym* (Sandy 5/6 5/13; Rachel 5/20 5/27)	11:30-12:30	Dance Fitness Fusion (Rachel)
12:45-1:15	\$2 Happy Half Hour Boot Camp *In Gym* (Jody)	12:45-1:15	\$2 Happy Half Hour Yoga (Rachel)
4:30-5:15	Cycle (Natalie)	4:30-5:15	Latin Cycle (Paula 5/2; Andrea 5/9 5/16 5/23 5/30)
5:30-6:30	Toning/Cardio (Trish)	5:30-6:30	Yoga (Rachel)
6:15-7:15	Cycle & Core (Mel)	5:45-6:30	Cycle (Natalie)
		6:45-7:45	Line Dancing (Rita)
TUESDAY			
5:00-5:45	Circuit Burn (Sue)	FRIDAY	
8:45-9:45	Pilates (Benna)	8:45-9:45	Energy Extreme (Paula)
10:00-11:00	Fit Happens (Marsha)	10:00-11:00	Silver Sneakers® *In Gym* (Marsha)
10:00-11:00	Boot Camp *In Gym* (Trish)	10:00-11:00	Cycle & Tone (Trish)
11:30-12:30	Dance Fitness Fusion (Rachel)	12:45-1:15	\$2 Happy Half Hour Boot Camp *In Gym* (Jody)
12:45-1:15	\$2 Happy Half Hour Yoga (Rachel)		
4:30-5:15	Cycle (Paula)	SATURDAY	
5:30-6:30	Step (Sandy 5/7 5/14; Andy 5/21 5/28)	8:30-9:15	Cycle (Sandy 5/4; Sue 5/11 5/25; Andy 5/18)
5:45-6:30	Barre *In Cycle Room* (Mel)	9:30-10:30	Yoga (Jennifer 5/11 5/25)
6:45-7:45	Line Dancing (Rita)	9:30-10:30	Pilates (Benna 5/4 5/18)
WEDNESDAY			
5:30-6:20	Cycle (Sue)	SUNDAY	
8:45-9:45	Energy Extreme (Rachel)	4:00-4:45	Cycle (Paula)
10:00-11:00	Silver Sneakers® *In Gym* (Rachel)	5:00-6:00	Boot Camp *In Gym* (Trish 5/5 5/19; Natalie 5/12; Mel 5/26)
10:00-10:50	Cycle (Paula 5/1 5/8; Andrea 5/15 5/22 5/29)		
11:15-12:00	Moving & Grooving Fitness (Rita)		Videos will be played in cycle room 5/6-12, 5/20-26
4:30-5:15	Cycle (Natalie)		\$5/day or \$33/month unlimited classes
5:00-6:00	Boot Camp *In Gym* (Trish 5/1 5/8; Andrea 5/15 5/22 5/29)		\$46 regular membership & unlimited classes
5:30-6:30	Kickboxing (Jody 5/1 5/29; Sandy 5/8; Paula 5/15 5/22)		Seniors pay \$15/month
6:15-7:15	Cycle & Core (Mel)		

GENERAL INFORMATION

In the event of severe weather or poor road conditions, the front desk will be advised of any class cancellations a minimum of 30 minutes prior to start time. If in doubt, please call! The Rec Center phone number is 918-341-4516 then dial "0". First time participants for any class should arrive 15 minutes early to complete paperwork and receive equipment/class orientation. Please allow participants in the previous class to exit before you enter the aerobics room. We welcome your comments and suggestions! Send to: Jill Moody @ jmoody@claremorecity.com

CLASS DESCRIPTIONS

BARRE: Mix elements of Pilates, dance, yoga & functional training in this class. You'll use the barre, bands & mini balls for a total body workout. Feel the burn!

BOOT CAMP: A fun cardio and muscle strengthening workout using a variety of equipment, including battle ropes, sleds & weighted bags with calisthenics to boost your calorie burn. CLASS IS HELD IN THE GYM.

CARDIO: Blast your way through this exhilarating class designed to increase heartrate and burn maximum calories. Awesome!

CIRCUIT BURN: High intensity workout focusing on strength building and muscular endurance. Tone your entire body and build strength!

CYCLE: Cycle with us and get an amazing workout! We've added videos every other week for a visual diversion while the instructor coaches your ride on scenic roads, in bike races or to music videos. Did we mention we cycle with the lights out so there is no pressure?!?

CYCLE & CORE: Combination class...cycling followed by core abdominal training...a total workout great for all levels!

CYCLE & TONE: Burn calories & get your cardio in with a cycling workout followed by a weightlifting set to build lean muscle tone. An excellent class!

DANCE FITNESS FUSION: Can you imagine a smile on your face while you are getting an awesome workout? Dance your way through a fun class!

ENERGY EXTREME: An instructor's choice class (our instructors do take requests). You might be stepping, dancing, pumping weights, kicking and maybe using a variety of equipment...you will work your core and get a great total body workout!

FIT HAPPENS: Beginner, low impact aerobics class that also incorporates dance moves like the cha-cha, pony, mambo, Charleston and hustle to increase range of motion and stamina.

KICKBOXING: Get a terrific workout and relieve your stress! You'll jab, hook and kick your way through this high energy class. Using a bag is optional, but **wrist wraps or gloves are required if bags are used.**

LATIN CYCLE: Do you love Latin music and cycling? Come workout to music with a Latin flair! It's a party that will be enjoyed by all!

LINE DANCING: Learn all the old and new line dances that are popular at all kinds of events. This is a fun, low impact class that is great for all ages and levels. You will have a blast!

MOVING & GROOVING FITNESS: A low impact workout moving to music. There is no right or wrong way, just move your body to the music your way and feel good! Fun exercise with low impact, no pressure and no rules!

PILATES: Stretch and strengthen core body muscles and become more flexible. It really works!

SILVERSNEAKERS® CLASSIC: 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, a ball for resistance and a chair is used for seated and/or standing support. An intermediate level class.

SILVERSNEAKERS® YOGA: Have fun, improve flexibility, breathing, balance and range of movement through a series of postures. A chair is used for seated and/or standing support. An intermediate level class.

STEP: This class incorporates the step or BOSU to burn calories in a variety of ways. Sometimes weights are added for resistance. Fun!

TONING: Start with a brief warmup and spend the remainder of the class strengthening, toning and defining muscles using weights and a variety of other equipment. Build that lean muscle mass!

YOGA: Try yoga for improved strength, flexibility, balance and inner peace. Class can be a variety of yin, vinyasa or Ashtanga style. Ahhh!

POLICY REGARDING CHILDREN, YOUTH & NON-PARTICIPANTS: Primarily for safety and liability reasons, but also in consideration of all participants, the policy regarding children, youth and other non-participating persons in the aerobics room is as follows: anyone 18 years of age or younger will be permitted in the aerobics room during a class when: (1) they are actively participating in the class; (2) a parent has completed the proper forms and signed the liability waiver; (3) if the parent has paid the adult monthly fee of \$33, the child can be added on for \$13 per month, we also offer a monthly youth membership for \$22 or a youth daily pass for \$4; and (4) If 13 or under, the child must be accompanied by a participating parent. No other children will be permitted in the aerobics room at any time during a class, with the exception of an infant. Non-participating persons should wait outside the aerobics or cycle room.