Fitness Class Schedule
2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05am	Zumba ® Latin Dance Fitness *Wendy*	Zumba® Circuit *Wendy*	Zumba ® Latin Dance Fitness *Wendy*	Zumba® Circuit *Wendy*		
8:05am	Yoga *Wendy*	Spinning *Megan*	Zumba® Circuit *Wendy*	Melt *Emma*		
9:00am		Senior Aqua Aerobics			Senior Aqua Aerobics	
10:30am			SilverSneakers® Muscular Strength & Range of Movement *Daniel*		SilverSneakers® Muscular Strength & Range of Movement *Daniel*	Spinning *Megan*
12:00pm	Spinning *Megan*	Yoga *Jamie*	Strength & Core *Daniel*	Spinning *Megan*		

All classes are FREE for Members and $6.50 for non-Members
Each class is about 1 hour in length.

Updated February 16, 2012

Rec Center Hours: Mon-Fri 6:00am-8:00pm (Pool 6:00am-7:30pm), Sat 9:00am-5:00pm (Pool 10:00am-4:30pm), closed Sun

South Park Recreation Center | PO Box 1075 | 1190 Bullet Road | Fairplay, CO 80440
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AQUA AEROBICS – An extremely low impact class to improve cardiovascular conditioning. Because of the water's resistance, water exercise also can improve your strength and flexibility, leading to better muscular endurance and balance.

MELT - Learn simple self-care techniques you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better. MELT uses soft foam rollers and small MELT Hand and Foot Balls to rehydrate the connective tissue throughout your body and make your muscles and joints happy! The MELT Method® is an innovative science-based self-treatment program that's being taught in some of the country's most prestigious health and fitness centers.

SilverSneakers® MUSCULAR STRENGTH & RANGE OF MOVEMENT
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SPINNING – is an aerobic exercise that takes place on a specially designed stationary bicycle called (obviously enough) a spinning bike. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout: "You're going up a long hill now, you can't see the top yet…." During the class you vary your pace -- sometimes pedaling as fast as you can, other times cranking up the tension and pedaling slowly from a standing position. This helps you to focus inwardly and work on your mind as well as your body.

STRENGTH & CORE - Don't confuse an abs routine with a core workout. A true core workout program develops dozens of muscles attached to the hips, pelvis, lower back, and abdominals. We'll focus on strength training as it's a vital part of a balanced exercise routine that includes aerobic activity and flexibility exercises.

YOGA
Yoga Gentle poses that adapt to individual needs in a supportive environment for people with physical challenges and able-bodied students. The focus of the class involves quieting the mind throughout practice, as well as, guided relaxation to encourage healing.

ZUMBA® - Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. This salsa-based aerobics class is fun and easy to do. No dance experience required! Add some spice and flare to your workout and shake your cha-cha!

ZUMBA® CIRCUIT – Take the high-energy, Latin-inspired dance-fitness moves of the Zumba® program and mix them with a series of strength exercises at timed intervals and you've got Zumba® Circuit.