



# GROUP FITNESS CLASS SCHEDULE

MEMORIAL DAY - LABOR DAY

## MONDAY

- A** 6:00 - 7:00 am  
HIGH Fitness
- A** 7:15 - 8:00am  
Muscle Up Express  
Total Body
- A** 8:20 - 9:20am  
Pilates Power Hour
- D** 8:20 - 9:20am  
Zumba Toning
- G** 9:00 - 10:00am  
Total Body  
Conditioning
- C** 9:00 - 10:00am  
Cycle
- A** 9:30 - 10:30am  
Surge Strength
- D** 9:30 - 10:30am  
Barre
- A** 10:40 - 11:40 am  
Harmony Within  
Guided Meditation
- D** 10:45 - 11:30am  
Senior Fitness  
Cardio + Strength
- D** 11:45am - 12:45pm  
Chair Yoga
- A** 5:20 - 6:20pm  
Muscle Up
- A** 6:30 - 7:30pm  
Mat Pilates
- A** 7:40 - 8:40pm  
Yoga Power Down

## TUESDAY

- A** 5:15 - 6:15am  
Muscle Up
- G** 6:00 - 7:00am  
Total Body Conditioning
- A** 8:20 - 9:20am  
Muscle Up
- D** 8:20 - 9:20am  
Yoga
- G** 9:00 - 10:00am  
TRX
- A** 9:30 - 10:30am  
HIGH Fitness
- D** 9:45 - 10:30am  
Silver Sneakers Classic
- A** 10:40 - 11:40am  
Mat Pilates
- D** 10:45 - 11:30am  
Silver Sneakers Cardio
- D** 11:45am - 12:45pm  
Senior Fitness  
Cardio + Mobility
- D** 1:00 - 2:00 pm  
Chair Yoga
- A** 5:20 - 6:20pm  
WERQ
- F** 6:00 - 7:00pm  
Total Body Conditioning
- A** 6:30 - 7:30pm  
Surge Strength
- A** 7:40 - 8:40pm  
Yoga Power Down

## WEDNESDAY

- A** 6:00 - 7:00am  
HIGH Fitness
- A** 7:15 - 8:00am  
Muscle Up Express  
Total Body
- A** 8:20 - 9:20am  
Mat Pilates
- D** 8:20 - 9:20am  
Zumba
- G** 9:00 - 10:00am  
Total Body Conditioning
- C** 9:00 - 10:00am  
Cycle
- A** 9:30 - 10:30am  
Surge Strength
- D** 9:30 - 10:30am  
Barre
- A** 10:40 - 11:40am  
HIGH Fitness
- D** 10:45 - 11:30am  
Senior Fitness  
Cardio + Mobility
- D** 12:00 - 1:00pm  
Chair Yoga
- A** 5:20 - 6:20pm  
Muscle Up
- F** 6:00 - 7:00pm  
Total Body Conditioning
- A** 6:30 - 7:30pm  
Line Dancing
- A** 7:40 - 8:40pm  
Yoga Power Down

## THURSDAY

- A** 5:15 - 6:15am  
Muscle Up
- D** 6:00 - 7:00am  
Tone & Sculpt
- A** 8:20 - 9:20am  
Muscle Up
- D** 8:20 - 9:20am  
Yoga
- G** 9:00 - 10:00am  
TRX
- A** 9:30 - 10:30am  
HIGH Fitness
- D** 9:45 - 10:30am  
Silver Sneakers Classic
- G** 10:15 - 11:15 am  
Total Body Conditioning
- A** 10:40 - 11:40am  
Mat Pilates
- D** 10:45 - 11:30am  
Silver Sneakers Cardio
- D** 11:45am - 12:45pm  
Senior Fitness  
Cardio + Mobility
- D** 1:00 - 2:00  
Chair Yoga
- A** 5:20 - 6:20pm  
POP Pilates
- A** 6:30 - 7:30pm  
Surge Strength + High  
Low
- A** 7:40 - 8:40pm  
Yoga Power Down

## FRIDAY

- A** 7:15 - 8:00am  
Muscle Up Express  
Core
- A** 8:20 - 9:20am  
Surge Strength
- D** 8:20 - 9:20am  
Tone & Reform
- G** 9:00 - 10:00am  
Total Body  
Conditioning
- C** 9:00 - 10:00am  
Cycle
- A** 9:30 - 10:30am  
Pilates on the Ball
- D** 9:30 - 10:30am  
HIGH Fitness
- A** 10:40 - 11:40am  
Barre
- D** 10:45 - 11:30am  
Zumba Gold
- A** 12:00 - 1:00pm  
Yoga FriYay Flow
- D** 1:00 - 2:00pm  
Chair Yoga

## SATURDAY

- A** 7:00 - 8:00 am  
Surge Strength
- G** 7:00 - 8:00am  
HIGH Fitness
- D** 7:15 - 8:15  
Yoga Awaken  
Connection
- A** 8:15 - 9:15am  
Muscle Up
- D** 8:30 - 9:30am  
Yoga
- A** 9:30 - 10:30am  
Dance Fitness
- D** 9:45 - 10:45am  
High Fitness
- A** 10:40 - 11:40am  
Surge Strength

## SUNDAY

- A** 12:15 - 1:15pm  
Surge Strength
- A** 1:30 - 2:30pm  
Yoga Power +  
Restore
- A** 2:45 - 3:45pm  
Yoga Revive

### Location Legend

- A** AEROBICS ROOM
- F** FUNCTIONAL TRAINING ROOM
- D** DANCE ROOM
- G** GYM

Registration required for all classes. Scan QR code to register, or visit [chrcgroupfitness.as.me](http://chrcgroupfitness.as.me)



**BARRE:** A workout that blends elements from different exercise styles including ballet, Pilates, and yoga. You will build alignment, strengthen your core, and tone and elongate muscles.

**CHAIR YOGA:** Modified from traditional yoga with postures performed while seated or using a chair for support. Chair yoga is specifically designed for individuals with limited mobility, balance issues, or those who find it difficult to go to the floor. Benefits of chair yoga include improved flexibility, strength, balance, and stress reduction.

**CYCLE:** A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

**DANCE FITNESS:** Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

**HARMONY WITHIN:** A class designed to induce relaxation through guided meditation and sound bath. \*Dress warm & bring a blanket

**HIGH FITNESS:** This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level. HIGH Low is High Fitness emphasizes different levels of intensity and takes away some of the high impact moves.

**LINE DANCING:** Learn and follow a choreographed pattern of steps to pop, rock and country music. You'll have so much fun you won't even realize you're getting fitter! \*Wear appropriate footwear (no cowboy boots, bare feet, flip-flops or sandals).

**MUSCLE UP:** A strength training workout that uses dumbbells, bands, balls, and other equipment to increase muscle strength and endurance, all in a fun group fitness setting.

**MUSCLE UP - EXPRESS:** A 45-minute class designed to stabilize and strengthen targeted muscle groups. Each class on the schedule has a different focus, designated in the class title.

**PILATES / PILATES POWER HOUR / PILATES ON THE BALL:** Pilates exercises using different equipment such as yoga balls, resistance bands, rings, and hand weights. \*\*Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

**POP PILATES:** Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

**SENIOR FITNESS CLASSES:** Low impact class in a safe environment for senior adults. Each class on the schedule will have a slightly different focus, which is designated in the class title.

#### CLASS RATES: PER CLASS 10 PASS 20 PASS

PREMIUM MEMBER ADULT			
PREMIUM MEMBER SENIOR (62+)	\$8	\$63	\$126
PREMIUM MEMBER YOUTH (14-17)	\$6	\$54	\$108
NON-MEMBER ADULT	\$9	\$81	\$162
NON-MEMBER SENIOR (62+)	\$7	\$63	\$126
NON-MEMBER YOUTH (14-17)	\$7	\$63	\$126
ULTIMATE MEMBER	INCLUDED		

For instructions on how to register for class, cancel, and check-in, please scan the QR code or visit our website page:

[CHparksandrecut.gov/group-fitness-classes](https://chparksandrecut.gov/group-fitness-classes)



**SILVER SNEAKERS CARDIO FIT:** Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

**SILVER SNEAKERS CLASSIC:** Focus on strengthening muscles and increasing range of movement, balance and coordination. Equipment including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

**SURGE STRENGTH:** A high-rep, targeted, weight training workout - set to music you know and love! This class utilizes muscle-focused strength training tracks along dumbbells to strengthen, shape and tone every muscle in your body. Surge Strength will leave you feeling happy and strong!

**STONE & REFORM:** A Pilates based toning class, meant to define and elongate muscles. Equipment used will vary from class to class, but may include light weights, Pilates rings or balls, elastic tubing, and more.

**STONE AND SCULPT:** a high-repetition, full-body workout using weights, balls, bands, and body weight. Class will focus on building muscular endurance and long, lean musculature. Each instructor will bring a fun and different style to the format.

**TOTAL BODY CONDITIONING:** This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout.

**TRX:** (Total Body Resistance Exercise) A workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Class may include types of plyometric, cardiorespiratory, strength, balance, and coordination training.

**WERQ:** A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

**YOGA/ YOGA & MEDITATION:** Our yoga classes are intended as mixed-level classes for students of all abilities. Yoga is intended to increase physical, mental, and spiritual well-being. Try different asanas (postures) in each class. Our yoga and meditation class will consist of approximately 30 minutes of yoga, followed by some combination of breath-work, meditation, and sound therapy.

**POWER DOWN YOGA:** Recommended for all abilities, Power Down Yoga includes a flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

**ZUMBA / ZUMBA TONING / ZUMBA GOLD:** Dance to Latin, pop and world rhythms. \*\*Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. \*\*Gold is ideal for beginners, those just returning to working out and active adults with a slower pace and lower intensity that is easy to follow!

#### PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

- Register at [chrgroupfitness.as.me](http://chrgroupfitness.as.me)
- Wristbands are required for all classes. Please pick up class wristbands from the appropriate administrative desk
- Must be 14 years and older to attend a Group Fitness Class

Questions: Please email [Chrisanthi Hatzantonis](mailto:Chrisanthi.Hatzantonis@chparksandrecut.com), Group Fitness Coordinator:

[groupfitness@chparksandrecut.com](mailto:groupfitness@chparksandrecut.com)