



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
- 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



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
- 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



SENIOR ADULT STUDIO GROUP FITNESS CLASSES

MEMORIAL DAY - LABOR DAY

MONDAY

10:45 - 11:30am
Senior Fitness
Cardio + Strength

11:45am - 12:45pm
Chair Yoga

TUESDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness
Endurance

1:00 - 2:00pm
Chair Yoga

WEDNESDAY

10:45 - 11:30am
Senior Fitness
Cardio + Mobility

12:00 - 1:00pm
Chair Yoga

THURSDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness
Endurance

1:00 - 2:00pm
Chair Yoga

FRIDAY

10:45 - 11:30am
Zumba Gold

1:00 - 2:00pm
Chair Yoga

CHAIR YOGA: AN ACCESSIBLE PRACTICE THAT ADAPTS TRADITIONAL YOGA POSES USING A CHAIR FOR SUPPORT. CLASS WILL INCLUDE BOTH SEATED AND STANDING POSTURES. THERE ARE NO POSES ON THE GROUND AND SHOES CAN BE WORN DURING CLASS.

SENIOR FITNESS CLASSES: SAFE LOW IMPACT CLASS FOR SENIOR ADULTS. EACH CLASS HAS A SLIGHTLY DIFFERENT FOCUS, WHICH IS DESIGNATED IN THE CLASS TITLE.

SILVER SNEAKERS CARDIO FIT: HEART-HEALTHY AEROBICS TO USING LOW-IMPACT MOVEMENTS. CLASS FOCUSES ON BUILDING UPPER-BODY, CORE STRENGTH, AND CARDIO ENDURANCE.

SILVER SNEAKERS CLASSIC: STRENGTHEN MUSCLES, INCREASE RANGE OF MOTION, WHILE IMPROVING BALANCE AND COORDINATION. EQUIPMENT UTILIZED: DUMBBELLS, RESISTANCE BANDS, AND SILVER SNEAKERS BALL. CHAIRS ARE AVAILABLE FOR ADDITIONAL SUPPORT.

ZUMBA GOLD: DANCE TO LATIN, POP AND WORLD RHYTHMS. ZUMBA GOLD IS DESIGNED FOR ACTIVE OLDER ADULTS, BEGINNERS, AND ANYONE SEEKING A GENTLER WORKOUT. THIS CLASS IMPROVES BALANCE, MOBILITY, AND COORDINATION – ALL WHILE KEEPING THE FUN, PARTY-LIKE ATMOSPHERE.

CLASS RATES:	PER CLASS	10 PASS	20 PASS
PREMIUM MEMBER ADULT	\$8	\$63	\$126
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ULTIMATE MEMBER	INCLUDED		

ALL SENIOR CLASSES ARE HELD IN THE DANCE ROOM

Registration required for all classes.
Scan QR code with your phone to register
or visit: chrcgroupfitness.as.me



HOW TO REGISTER, CHECK IN, AND CANCEL A CLASS REGISTRATION

CLASS REGISTRATION

- **Group Fitness Classes open for registration six days in advance of class.**
- Using a desktop computer or a phone, visit our scheduling link: chrcgroupfitness.as.me
- Select the class you would like to attend and fill out the required fields, then select “Book Class.”

CLASS CHECK-IN & WRISTBAND PICK UP

Check-in is required for all group and water fitness classes. Please check in at the appropriate administration desk. Once checked-in you will receive your class wristband (required for all group fitness classes). Water fitness classes may require a different form of proof of payment when you arrive to class.

CANCELING A CLASS RESERVATION

Group Fitness Classes must be cancelled 30 minutes or more in advance of class start time. Repeated late cancels or no-shows may affect a patron’s ability to register for classes.

- Find your confirmation or reminder email. Scroll down and select the button **CHANGE/CANCEL RESERVATION**.
- You will be re-directed to an internet browser. Select **CANCEL** on the bottom righthand side. Confirm your cancellation by clicking **CANCEL** in the pop-up screen.
- You will receive a confirmation email if you correctly cancelled your class registration.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

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