

GROUP EXERCISE SCHEDULE 2021

Monday

7:00 am Deep Water w/ Mary
8:00 am Tai Chi w/ Todd
9:00 am Spin w/ Cheri
10:00 am Strength Training w/ Rachel

Tuesday

6:30 am Circuit w/ Kerrie
7:00 am Aqua Strength Training w/ Mary
12:00 pm Pilates & Foundation w/ Anne
12:00 pm Aqua Zumba w/ Tonya
3:15 pm All Levels Yoga w/ Liz
4:15 pm Spin & Strength w/ Kathleen NEW
Format
5:05 pm Dance Fit w/ Kathleen & Sandi NEW



Wednesday

7:00 am Deep Water w/ Mary
8:00 am Tai Chi w/ Todd
9:00 am Spin w/ Kathleen
10:00 am Strength Training w/ Kathleen

Thursday

6:30 am Circuit w/ Kerrie
12:00 pm Pilates & Foundation w/ Anne
1:00 pm Waterworks w/ Cheri
3:15 pm Deep Stretch/Fascia Release w/ Liz

Friday

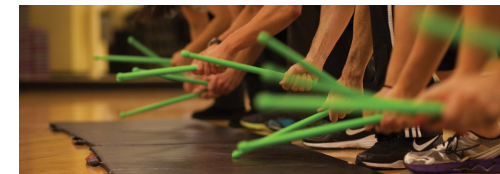
7:00 am Waterworks w/ Pattie
9:00 am Spin w/ Kathleen or Cheri
10:00 am Strength Training w/ Melinda
12:00pm Gentle Yoga & Guided Meditation w/ Liz
No gentle yoga 11-26

Saturday

Saturdays for November only
9:30 am Pilates/ Foundation w/ Gail
12:00 pm Aqua Zumba w/ Tonya NEW
TIME No Aqua Zumba 11-13



Sunday



*Waiver and Monthly Fee for Non-Member. Some classes are fee based and registration is required. Specialty classes and workshops are offered throughout

Effective 11/1 /2021

PRC Group Exercise Class Description 2021

Dance Fit (45 min) Dance your way to better fitness with exciting and unique moves and rhythms w/ variety of music. This class is for everyone!

Deep Stretch (60 Min) Helps heal injuries, melts tension, cultivates focus. Nourish fascia & deep connective tissue.

Circuit: (45 min.) A metabolic fat burner to increase your metabolism, burn calories and gain strength and flexibility with a variety of stations each week. Fun and motivation included! All levels invited to join in! New participants please arrive 10 min. before class starts for individualized instruction.

Strength Training (45 min.) Build lean muscle mass & tone your body using light or moderate weights with high repetitions. Work your whole body. Suitable for all levels of intensity & strength.

Foundation-(30 min - 45 min.) Scientifically designed exercises (by Physical Therapists) to strengthen the back and spinal alignment.

Pilates: (30-60 min) A non-cardio workout using the Joseph Pilates Method mat work with focus on core, stabilization, and strength.

All Level Yoga: Build strength & mobility in the joints, increase body awareness, & progressively open the body. Practice the classical asanas (postures) of yoga and reap their benefits!

Deep Stretch/Fascia Release: Passive stretches done seated or lying down & held for 2-3 minutes. Releases deeply held tension for increased joint mobility, past injuries, & stressful days.

Gentle Yoga & Guided Meditation: A low intensity & restorative form of yoga to move, stretch, strengthen the body & improve balance. Includes breathwork to focus the mind & a guided meditation to cultivate a sense of inner peace.

Spinning: (45 minutes) A great non-impact cardio class. Drills focusing on strength, intervals, high intensity & recovery.

Tai Chi: (60 min.) Movements are performed slowly with smooth even transitions, Provides practical learning for balance, alignment, fine scale motor control and rhythm of movement.

Aqua Zumba: (55 min.) Dance your way to a fitter you with exciting and unique Latin moves and rhythms in the water!

Water Works: (45-60 min.) An invigorating cardiovascular workout using both deep and shallow water. Class highlights stretching, cardio conditioning, and muscle toning for a complete water workout.

Deep Water: A challenging workout with the use of flotation belts (not provided). Improve cardio, strengthening, core & range of motion without impact.

Aqua Strength Training: Train all muscle groups in this class using drag based resistance tools (not provided). A high intensity, low impact workout which keeps joints healthy & reduces risk of injury.

PRC Fitness Instructors are CPR, AEA, ACE, or AFAA and/or have earned a BA or BS in Physical Education, Exercise Physiology or related field. The PRC Group Fitness Schedule is varied with seasonal changes to provide a diverse offering for all members.