

# 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 NEW  
for October

## 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 NEW TIME  
3:15 pm All Levels Yoga w/ Liz NEW TIME  
4:15 pm Spin w/ Kathleen NEW TIME  
5:00pm Dance Fit w/ Kathleen or Sandi NEW  
for October. Special Anniversary class!



## 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  
NEW TIME

## Friday

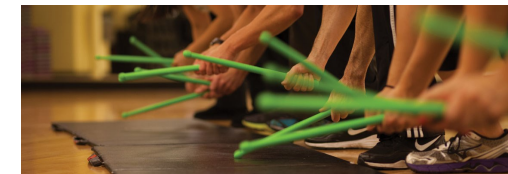
7:00 am Waterworks w/ Pattie NEW  
9:00 am Spin w/ Kathleen or Cheri  
10:00 am Strength Training w/ Melinda  
12:00pm Gentle Yoga & Guided Meditation w/ Liz

## Saturday

Saturdays for October only  
9:30 am Pilates/ Foundation w/ Gail  
12:00 pm Aqua Zumba w/ Tonya NEW  
TIME



## 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 10/1 /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.**