



# RECREATION CENTER AEROBIC CLASSES



## MAY 7TH - JUNE 3RD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	<b><u>Holy Yoga-Gina (Teams)</u></b> 7:00am-8:00am		<b><u>Holy Yoga-Gina (Teams)</u></b> 7:00-8:00am			CLOSED
10:00am						
10:45am 11:15am						
12:00pm 12:30pm 1:15pm 1:45pm 4:15pm	<b><u>SAC Boot Camp</u></b> 12:00pm-12:45pm  <b><u>Turbo Kickboxing-Sarah</u></b> 4:15pm-5:15pm	<b><u>SAC Boot Camp</u></b> 12:00pm-12:45pm	<b><u>SAC Boot Camp</u></b> 12:00pm-12:45pm	<b><u>SAC Boot Camp</u></b> 12:00pm-12:45pm	<b><u>SAC Boot Camp</u></b> 12:00pm-12:45pm	
5:00pm				<b><u>Zumba-Chanel</u></b> 5:00pm-6:00pm		

Recreation Center-602-639-7400

## **Pac PT Boot Camp**

(Intermediate to advance) a heart pumping workout that helps break-up your workday. Participants are taken through several exercise stations that blends both strength and cardiovascular exercise to make up a complete workout (located in the PAC/SAC).

## **Holy Yoga**

A focus on the fundament postures of traditional yoga. Breathing techniques and alignments help increase strength and flexibility, benefiting any experience level. This practice is with the intention of worship and mediation on Scripture (Located in the Sanctuary).

## **Turbo Kickboxing**

Turbo kickboxing is a fast-blasting cardio kickboxing type of interval training. This non-contact “shadow-boxing” cardio class consists of several punching and kicking combinations (Located in the Sanctuary).

## **Core 300**

This 30 minute class targets the abdominals and lower back. The workout begins with a 5 minute warm-up and stretching, is followed by 20 minutes of continuous core work, and then concludes in a 5 minute cool down. This class is great for all fitness levels (Located in the Sanctuary).

## **Happy Hour Fitness**

This extreme workout class will push you past not only any physical but mental barriers to a new level of fitness, body, mind and soul. Happy hour will answer all of your training needs through core, cardio, circuit training and muscle building (located in the PAC/SAC).

## **Zumba**

Get ready for interval training sessions where fast and slow rhythms will take place. Plus, resistance training is combined to tone and sculpt your body while burning fat. Are you up for the challenge? (Located in the Sanctuary)

## **Intermediate & Transformational Yoga**

Intermediate: This class incorporates muscle relaxation exercises, different breathing techniques, and several meditation poses. This class will create you to contain positive energy at an intermediate level (Located in the Sanctuary). Transformational: A therapeutic practice for those with health and physical challenges desiring a change.

## **Dynamic Core**

Focus is on specific core exercises that challenges your body to the next level. You will learn how to effectively strengthen the core through challenging exercises. Targets are on the following areas: abdominals hip and shoulders. (Located in the Sanctuary)