

FitZone Class Schedule

January 1, 2012 – April 30, 2012

Welcome to the "FITZONE"! Admittance to "FitZone" fitness classes is included in your daily admission, 10 or 20-visit pass, monthly pass or SilverSneakers® membership at the Recreation Center. *It is recommended that all persons starting an exercise program consult their physician prior to participation.*

Additionally, for your safety and the safety of others, participants must be at least 15 years of age.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am SS®CardioFit Donna	6:00-6:45am Express Cycle Ben	6:00-7:00am Yoga Cathy	6:00-7:00am Cycle Ronda	8:00-9:00am Gentle Yoga C.M.	8:00-9:00am Cycle Ronda/Denise	8:30-9:30am Cycle Ellen/Denise
9:15-10:15am ZoneTone Cindy k	7:15-8:00am Express Cycle Burt	8:00-9:00am SilverSneakers®II Ronda	7:15-8:00am Express Cycle Burt	9:15-10:45am Intermediate Yoga C.M. k	9:00-10:00am Power Step Christine k	9:45-11:15am Yoga C.M.
10:30-11:30am SilverSneakers®I Donna	9:00-10:00am Kickboxing Helene k	9:15-10:15am Cardio ZoneTone Ronda k	9:00-10:00am Kickboxing Helene k	11:00-11:45am Express Cycle Cathy k	10:15-11:30am Power Yoga Cathy k	
12:00-1:00pm Lunch Crunch Helene k	10:00-10:30am Ultimate Core Helene k	10:30-11:30am SilverSneakers®I Donna	10:00-10:30am Ultimate Core Helene k	12:00-1:00pm ZoneTone Helene k		
4:00-5:15pm Cycle-Yoga Cathy k	10:45-11:45am Gentle Yoga Ronda k	11:30am-12:15pm Zumba® Helene k	10:45-11:45am Yoga for hips/back C.M. k	3/9 thru 4/27 1:15-2:15pm ZoneTone Cindy		
5:30-6:30pm Power Step Christine k	12:00-12:45pm Express Cycle Ronda k	12:15-1:00pm ZoneTone Helene k	12:00-12:45pm Express Cycle Felicia k			
6:30-7:30pm ZoneTone Felicia k	12:00-1:00pm JumpNRope Molly (IN GYM) k	1:15-2:15pm Yoga Cathy	12:00-1:00pm JumpNRope Molly (IN GYM) k			
7:45-8:45pm Yoga Cathy	4:15-5:15pm Zumba® Helene k	4:00-5:15pm Cycle-Yoga Cathy k	4:15-5:15pm Zumba® Helene k			
	5:30-6:30pm Cycle Ellen k	5:30-6:30pm Zumba® Lenora k	5:30-6:30pm Cycle Felicia k			
	6:45-7:30pm Ultimate Core Ellen k	6:30-7:30pm Lift 'n Ride Felicia k	6:45-7:30pm Ultimate Core Felicia k			
		7:45-8:45pm Yoga C.M. (effective 2/22)				



k = Kids Corner Open (child care available)

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Shallow Water Joan	8:00-9:00am Shallow Peggy	9:00-10:00am Shallow Water Galit	8:00-9:00am Shallow Peggy	9:00-10:00am Shallow Water Joan		4:30-5:30pm Deep Water Mary
12:00-1:00pm Deep Water Ronda	9:00-10:00am Senior Shallow Peggy	12:00-1:00pm Deep Water Mary	9:00-10:00am Senior Shallow Peggy	10:30-11:30am Aqua Arthritis Richard		
6:00-7:00pm Deep Water Richard		6:00-7:00pm Deep Water Richard		12:00-1:00pm Deep Water Galit		
				5:30-6:30pm Deep Water Richard		

FitZone Class Descriptions

Cycle: This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. Express indicates a 45-minute class versus a 1-hour class. *BIKE RESERVATION POLICY: Bike reservations may be taken at the front desk during the winter month (if needed). Reservations are taken 1-day in advance beginning at 7am. Bikes will be released to wait list (in order) if you are not set-up 5 minutes before class begins. Call (303) 666-7400.*

Cycle-Yoga: This 75-minute class brings together cycling and yoga into one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling; comfortable clothing for Yoga; a water bottle; and a small towel.

JumpNRope: The adult JumpNRope fitness program provides a high energy blend of cardio and core movements. In between sets plan on holding planks, muscling up some push-ups and then doing it all over again. Special jump ropes and speed balls are used encouraging beginners to professional athletes. You will jump to choreographed tunes. Please bring water and wear comfortable shoes (running, basketball or cross training shoes preferred) Ropes available. Instructed by Molly Metz, 5-time rope skipping champion.

Kickboxing: This high-energy class with a "punch" will sculpt your body using punches, kicks and cardiovascular training.

Lift 'n Ride: Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

Lunch Crunch: Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility...get it all done over your lunch hour!

Power Step: An advanced-level, high intensity, low impact aerobic class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

SilverSneakers® I: Muscular Strength and Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Silver Sneakers® II: Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® CardioFit: This class offers a safe & effective low-impact cardiovascular workout. A variety of easy-to-follow movements promote heart healthy, total-body conditioning improvements to increase cardiovascular and muscular endurance. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the "cardio" segment. The SilverSneakers® chair offers stability or support options for abdominal and stretching exercises from the floor.

Ultimate Core: This class will focus on building abdominal and low back musculature; and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

Yoga: Traditional Hatha yoga, Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures. Yoga restores calm and balance, and enhances energy. The classes designated as Yoga are designed for all levels. Gentle classes are slower paced with gentle transitions between postures. Intermediate classes are for those who have been practicing yoga and are ready to move on to more challenging poses, and feel comfortable being in the pose for a longer time with less resting in between poses. There will also be more balancing and inversions. Continuation of breathing practices allows participants to flow deeper into the awareness and release of physical and mental tension. These classes conclude with the guided, deep relaxation of Yoga Nidra. Hips/Back focuses on poses that open up the tightness in a gentle way that is accessible to everyone, bringing greater flexibility to the hips and lower back. Power indicates a more vigorous, fitness-based approach.

ZoneTone: This class uses hand weights, bands and/or body bars for total body sculpting and toning. Cardio indicates an additional focus on increasing your heart rate.

Zumba®: A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.



Kids Corner Drop-In child care services available for 6 months to 12 years old.

Any questions or comments, please contact Peggy Jones at (303) 335-4920 or email peggyj@louisvilleco.gov