

## Fallon County Recreation Department

# Fitness Classes

Held at Baker Recreation Center

Come work out with us for FREE! August 29 - September 2

Unlimited Classes from August 29 - December 21 for \$30

### Mondays

6:00 am

Body Solid

8:30 am

TABATA

5:30 pm

PiYo®

### Tuesdays

6:00 am

PiYo®

8:30 am

AquaFit

5:30 pm

AquaFit

### Wednesdays

6:00 am

TABATA

8:30 am

PiYo®

5:30 pm

TRX®

### Thursdays

6:00 am

TRX®

8:30 am

AquaFit

4:30 pm

P90X®

5:30 pm

TABATA

### Fridays

6:00 am

Track Circuit

8:30 am

Body Solid

*\*\*All classes are subject to change at instructor's discretion.\*\**

#### **Class Descriptions**

**AquaFit:** This class is designed to provide cardiovascular conditioning with a variety of water exercises for a total body workout. This class will enhance your physical fitness without the stress of land-based exercise!

**Body Solid:** This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Whether you are a beginner or advanced, this class will work for you!

**PiYo®:** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**P90X®:** P90X LIVE is a total-body, cardio, and strength-training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. Each workout can be modified to accommodate a wide range of fitness levels and abilities—while creating a community of friendly competition, encouragement, and personal fitness breakthroughs.

**TABATA:** Tabata features 20 second intervals of exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

**TRX®:** Suspension training that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise.

**Track Circuit:** You will gain an all-around effective interval workout with this Track Circuit! This is a mix of alternating running/jogging with strength training on the BHS track. This class is great for beginners and can be amped up for the advanced athlete in you!