

# Fallon County Recreation Department

## Group Fitness Classes

Held at the Baker Recreation Center  
Unlimited Classes from September 5—December 22 for \$30

| <u>Mondays</u>                 | <u>Tuesdays</u>    | <u>Wednesdays</u>           | <u>Thursdays</u>      | <u>Fridays</u>                 |
|--------------------------------|--------------------|-----------------------------|-----------------------|--------------------------------|
| 6:00 am<br>Body Solid          | 6:00 am<br>PiYo®   | 6:00 am<br>TABATA           | 6:00 am<br>TRXplus    | 6:00 am<br>Body Blast          |
| 8:30 am<br>Instructor's Choice | 8:30 am<br>AquaFit | 8:30 am<br>TABATA           | 8:30 am<br>AquaFit    | 8:30 am<br>Instructor's Choice |
|                                | 8:30 am<br>TRXplus |                             | 8:30 am<br>Body Solid |                                |
| 4:00 pm<br>P90X®               |                    | 4:00 pm<br>Strength Circuit | 4:00 pm<br>P90X®      |                                |
| 5:30 pm<br>PiYo®               | 5:30 pm<br>AquaFit | 5:30 pm<br>TRXplus          | 5:30 pm<br>AquaFit    |                                |

*\*\*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!

**Body Blast:** Intervals of strength, cardio & abs using weights, bars, balls, and body resistance to build physical conditioning and endurance.

**Instructor's Choice:** This class could be any class format to keep it mixed up each week! Come prepared for anything!

**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.

**Strength Circuit:** This is a total body workout that incorporates strength, cardio and ab exercises. Strength Training is one of the keys to long-term fat loss. The exercises you will do in this class will help you gain muscular endurance while getting lean, toned muscles which burns more calories! The cardio is an added bonus to improve your overall fitness by strengthening your heart and lungs to get into great shape!

**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. Each class has a new variety of exercises that focus on cardio, upper & lower body & core!

**TRXplus:** Suspension training that leverages gravity and your bodyweight to perform a variety of effective exercises mixed with a variety of strength and cardio exercises for an added bonus!