

# Fallon County Recreation Department

## Fitness Classes

**Held at the Baker Recreation Center**  
**Unlimited Classes from May 1-July 28 for \$30**  
**MAY SCHEDULE**

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
6:00 am Body Solid	6:00 am PiYo®	6:00 am TABATA	6:00 am TRX®	6:00 am Track Workout
8:30 am TABATA	8:30 am AquaFit	8:30 am TRX®	8:30 am AquaFit	8:30 am Body Solid
	8:30 am WOD		8:30 am PiYo®	
	4:30 pm Strength Training		4:30 pm P90X®	
5:30 pm PiYo®	5:30 pm AquaFit		5:30 pm 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!

**Strength Training:** Consistent strength training will help you shed body fat, and build a toned body that will be strong, healthy, and lean. This class will be in the weight room using all the various kinds of equipment to build some muscle and burn calories long after the workout. Boost your self-confidence and see what you are made of!

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

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

**Track Workout:** You will gain an all-around effective interval workout with this 45 minute Track Workout! 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!

**WOD (Workout of the Day):** A variety of strength and cardio exercises to improve strength, flexibility, cardio and all-over conditioning .