

Fallon County Recreation Department

Fitness Classes

Held at the Baker Recreation Center

Unlimited Classes from January 3 - April 28, 2017 for \$30

<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 P90X
8:30 am TABATA	8:30 am AquaFit	8:30 am PiYo®	8:30 am AquaFit	8:30 am Body Solid
	8:30 am WOD	4:30 pm INSANITY®	4:30 pm P90X®	
5:30 pm PiYo®	5:30 pm AquaFit	5:30 pm TRX®	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!

INSANITY®: High intensity interval training with short periods of rests to burn an insane amount of calories. This workout makes you dig deep past your comfort zone to gain fast results. These easy moves will get you in the best shape of your life!

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 hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise.

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