

# Fallon County Recreation Department

## Group Fitness Classes

Held at the Baker Recreation Center  
Unlimited Classes from September 4 - December 21 for \$30

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
6:00 am TABATA		6:00 am WOW		6:00 am Body Solid
8:30 am HIIT IT!	8:30 am Body Solid	8:30 am INSANITY®	8:30 am Yoga+	8:30 am TABATA
8:30 am AquaFit	8:30 am AquaFit	8:30 am AquaFit		
4:00 pm P90X®	4:00 pm Yoga+	4:00 pm Weight Training	4:00 pm Strength Training	
	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:** Sculpt, tone, and strengthen your entire body while challenging all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls—all set to heart pumping music! Who knew lifting could be this fun!

**HIIT IT!:** Get ready to add HIIT (High Intensity Interval Training) workouts to your life and take your fitness to the next level. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. HIIT is one of the best ways to get your heart rate up and maximize your workout time.

**INSANITY®:** Dig deeper and push hard in these sweat-drenching cardio-conditioning workouts. With modifications for the toughest moves, everyone can achieve the results they're after, no matter their fitness level.

**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 Training:** 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 is one of the most effective types of high intensity interval training that 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 simple, yet intense exercises that focus on cardio, upper & lower body & core. You can do anything for 20 seconds!

**Weight Training:** Please join me in "pumping iron"! Increase your strength and gain muscle to create a toned and well sculpted physique. Adding weights as part of your workout regimen will help improve and maintain overall fitness. These exercises are easy to follow but will challenge you so you get stronger!

**WOW (Workout of the Week):** This class offers intervals of strength, cardio & abs using weights, bars, balls, and body resistance to build physical conditioning and endurance. Expect the unexpected in this full-body class, which is packed with lots of variety and tons of fun!

**Yoga+:** Bring a mat for these mat-based exercises that will promote good posture, proper breathing and body control. This conditioning program will also improve muscle control, flexibility, coordination, strength, and tone while leaving you refreshed and rejuvenated.