



August Classes

ZOOM Active Adult • Trail Winds Recreation Center • Carpenter Recreation Center
 For in-person classes, you must reserve your space in class at thorntonparks.com or visit our front desk.

FITNESS

ZOOM & RESERVATIONS

ZOOM VIRTUAL ACTIVE ADULT FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10 a.m.	SilverSneakers® Classic Cher B		SilverSneakers® Circuit (9-9:45 a.m.) Sheri P.	Tai Chi Elaine W.			Yoga/Pilates Chuna R.
10-11 a.m.						Morning Stretch Sharon B.	
11 a.m.-12 p.m.	Chair Yoga Sharon B.	SilverSneakers® Basic (11-11:45 a.m.) Tracy S.	Chair Yoga (11-11:45 a.m.) Jinger S.	SilverSneakers® Classic (11-11:45 a.m.) Tiffany G.	Chair Yoga Sharon B. Chair Fitness Linda M.		
1-2 p.m.	Chair Fitness Linda M.	Mat Yoga Sharon B.		Yoga/Pilates Chuna R.			

- ➔ **MONDAYS · 9-10 a.m.**
ZOOM ID: 942-2037-5806
Password: cher
- ➔ **MONDAYS · 11 a.m.-12 p.m.**
ZOOM ID: 648-450-6032
Password: 912388
- ➔ **MONDAYS · 1-2 p.m.**
ZOOM ID: 923-4512-7790
Password: Chair
- ➔ **TUESDAYS · 11-11:45 a.m.**
ZOOM ID: 915-5369-1139
Password: 951437
- ➔ **TUESDAYS · 1-2 p.m.**
ZOOM ID: 648-450-6032
Password: 912388
- ➔ **WEDNESDAYS · 9-9:45 a.m.**
ZOOM ID: 920-1115-2505
Password: 758259
- ➔ **WEDNESDAYS · 11-11:45 a.m.**
ZOOM ID: 994-1985-4812
Password: 045154
- ➔ **THURSDAYS · 9-10 a.m.**
ZOOM ID: 983-9398-7216
Password: Tai Chi
- ➔ **THURSDAYS · 11-11:45 a.m.**
ZOOM ID: 914-2162-3888
Password: 527151
- ➔ **THURSDAYS · 1-2 p.m.**
ZOOM ID: 987-3213-9595
Password: Chuna
- ➔ **FRIDAYS · 11 a.m.-12 p.m. (Chair Fitness)**
ZOOM ID: 939-8276-9451
Password: Chair
- ➔ **FRIDAYS · 11 a.m.-12 p.m. (Chair Yoga)**
ZOOM ID: 648-450-6032
Password: 912388
- ➔ **FRIDAYS · 11 a.m.-12 p.m. (Chair Yoga)**
ZOOM ID: 648-450-6032
Password: 912388
- ➔ **SATURDAYS · 10-11 a.m.**
ZOOM ID: 648-450-6032
Password: 912388
- ➔ **SUNDAYS · 9-10 a.m.**
ZOOM ID: 970-5362-5500
Password: Chuna



INDOOR CARPENTER RECREATION CENTER FITNESS

You must reserve your space in class online at thorntonparks.com or by visiting our front desk for assistance. Maximum 10 people per class.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 a.m.						
:15 a.m.						
:30 a.m.						
:45 a.m.						
6 a.m.						
:15 a.m.			Yoga Vincent G. 6 a.m.			
:30 a.m.						
:45 a.m.						
7 a.m.						
:15 a.m.						
:30 a.m.						
:45 a.m.						
8 a.m.						
:15 a.m.						
:30 a.m.						
:45 a.m.		Strength Tiffany G. 8:30 a.m.				
9 a.m.						
:15 a.m.	Step Aerobics Kim S. 9 a.m.			High Fitness Holly D. 9:15 a.m.		
:30 a.m.						
:45 a.m.						
10 a.m.						
:15 a.m.						Yoga Vincent G. 10 a.m.
:30 a.m.						
:45 a.m.	BODYPUMP® Danielle S. 10:30 a.m.		BODYPUMP® Danielle S. 10:30 a.m.		BODYPUMP® Danielle S. 10:30 a.m.	
11 a.m.						
:15 a.m.						
:30 a.m.						
:45 a.m.						Yoga Vincent G. 11:30 a.m.
12 p.m.						
:15 p.m.	BODYPUMP® Danielle S. 12 p.m.	PiYO® Cindi C. 12 p.m.	BODYPUMP® Danielle S. 12 p.m.			
:30 p.m.						
:45 p.m.						
4:30 p.m.						
:45 p.m.			BODYPUMP® Colleen S. 4:30 p.m.			
5 p.m.						
:15 p.m.	BODYPUMP® Colleen S. 5 p.m.	Yoga Michelle F. 5 p.m.		ZUMBA® Cindy C. 5 p.m.		
:30 p.m.						
:45 p.m.						
6 p.m.						
:15 p.m.						
:30 p.m.			Intervals Paula C. 6 p.m.			
:45 p.m.	Cardio Fusion Vincent G. 6:30 p.m.					
7 p.m.		Yoga Vincent G. 6:45 p.m.				
:15 p.m.						
:30 p.m.						
:45 p.m.						
8 p.m.						

You must reserve your spot online in order to attend class. Reservations can be made beginning at 5 a.m. the day before up to 2 hours prior to the start of class. Visit thorntonparks.com for information.

It is your responsibility to go at your own pace. As always, consult your physician before starting any type of fitness program.

Aerobic and cycling classes are designed for adult participation (age 16+) unless otherwise noted.

Children under 16 years of age must have approval from coordinator before attending class.

OUTDOOR FITNESS Trail Winds Recreation Center (TWRC) / Carpenter Recreation Center (CRC)

You must reserve your space in class online at thorntonparks.com or by visiting our front desk for assistance. Maximum 25 people per class.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	TWRC	CRC	TWRC	CRC	TWRC	CRC	TWRC	CRC	TWRC	CRC	TWRC	CRC
7 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.		Functional Fitness Kim S. 7:30 a.m.		ZUMBA® Sara H. 7:30 a.m.	Functional Fitness Kim S. 7:30 a.m.			ZUMBA® Sara H. 7:30 a.m.	Functional Fitness Kim S. 7:30 a.m.			
8 a.m.												
:15 a.m.						Intervals Danielle S. 8 a.m.				Functional Fitness Danielle S. 8 a.m.		
:30 a.m.												
:45 a.m.												Cardio & Core Paula C. 8:30 a.m.
9 a.m.												
:15 a.m.												
:30 a.m.												
:45 a.m.												
10 a.m.												

Classes at TWRC meet on the southwest side of parking lot. ■ Classes at CRC are held at the amphitheater in Carpenter Park.

CLASS DESCRIPTIONS

BARRE This empowering and energizing workout has proven to create long, lean, powerful muscles. Classes include hand weights, yoga straps, therapeutic exercise balls, gliders and resistance bands to enhance your workout.

CARDIO FUSION Burn calories, build muscle and engage in intense stretching. Barefoot highly encouraged to build strength and balance in your foundation (feet and ankles)!

CHAIR YOGA Yoga restores vitality to the body, mind and soul by expanding them through stretching and breathing. Class can be modified for all ages, levels and conditions.

CORE Designed to strengthen all aspects of your core; more than just an abs class.

CYCLE STRENGTH This intermediate spinning class takes you on and off the bike utilizing the track and handheld weights in an interval format. Class is recommended for intermediate and advanced riders.

CYCLE VARIETY This is our standard class on the bike, instructors may include a variety of hills, intervals, speed work, etc.

ENDURANCE TRAINING This class will use low weights and high reps for a full body workout including power core.

FOREVER YOUNG Strength, balance, core and flexibility training designed for ages 55+ to maintain and improve function.

FUNCTIONAL FITNESS Anything goes! All levels welcome. Prepare to use a variety of equipment in a fun, encouraging atmosphere. May include: outdoor equipment, strength, intervals, and endurance.

HIGH FITNESS Old school aerobics meets HIIT training. A one-hour, total body workout set to nostalgic and fun music from all decades and genres that will motivate you to the max! Simple and easy to follow fitness choreography great for all abilities.

HIIT This is a 25-minute High Intensity Interval Training class. Work hard and earn your short breaks.

LES MILLS BODYPUMP® This 60-minute strength endurance workout challenges all your major muscle groups by using the best weight-room exercises. Great music and your choice of weight inspires you to get the results you came for—and fast!

PILATES Pilates will strengthen and tone muscles, improve posture, flexibility and balance.

PiYO® Pilates + yoga + non-stop movement. Strengthen, stretch and sweat using your own body weight.

SILVERSNEAKERS® CARDIO The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Floor option is available in this class.

SILVERSNEAKERS® CLASSIC Exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SOCIAL RIDE Pick your own pace, group/instructor led workout. Come make some new friends.

STEP Use a step platform to step up and down to tone your lower body. You can expect to increase your cardio fitness and coordination.

STRENGTH ENDURANCE Build strength, decrease fat, add definition and increase bone density by developing lean muscle by focusing on resistance training.

TAI CHI - BETTER BALANCE Balance is key to living a confident, active and independent life. Tai Chi-Better Balance is a perfect program for anyone. You will learn balance skills through flowing easy-to-learn Tai Chi movements. Feel stronger, have better balance, greater flexibility and build your confidence.

YOGA Express the art of yoga through body and mind, while reducing everyday stress.

ZUMBA® Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

ZUMBA® GOLD Perfect for active older adults who are looking for a modified Zumba class with the original moves you love at a lower intensity.