



# Carpenter Recreation Center

# FITNESS CLASS SCHEDULES

Effective Dates for Aqua Fitness: August 17-October 26, 2019

## AQUA FITNESS SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-9 a.m.		Aqua Zumba® <i>Michelle Sergeeff</i>		Aqua Zumba® <i>Michelle Sergeeff</i>		Advanced Deep Water Aqua Fitness <i>Kim Schell</i>
CHILD CARE AVAILABLE	9-10 a.m.	Aqua Fitness <i>Erica Brannan</i>	Aqua Fitness <i>Erica Brannan</i>	Aqua Fitness <i>Erica Brannan</i>	Aqua Fitness <i>Erica Brannan</i>	Aqua Fitness <i>Erica Brannan</i>	
	10-11 a.m.	SilverSneakers® Splash <i>Erica Brannan</i>		SilverSneakers® Splash <i>Erica Brannan</i>		SilverSneakers® Splash <i>Erica Brannan</i>	
	4:30-5:30 p.m.	Deep Water Aqua Fitness <i>Erica Brannan</i>		Deep Water Aqua Fitness <i>Erica Brannan</i>			
	5:20-6:20 p.m.		Aqua Fitness (5:20-6:20 p.m.) <i>Catherine Cronn</i>		Aqua Fitness (5:20-6:20 p.m.) <i>Catherine Cronn</i>		

**AQUA ZUMBA®** is a low-impact, high-energy aquatic exercise that blends the Zumba® philosophy with water resistance.

**AQUA FITNESS** Moderate- to high-intensity low-impact water exercise for all levels of fitness. Water shoes recommended.

**AQUA TONE AND STRETCH** is a workout involving full range of motion movements with minimal impact.

**DEEP WATER AQUA FITNESS** is designed to improve cardiovascular fitness, flexibility, strength, muscle tone, increase fat burning and combat stress. Flotation devices provide stability, however you should feel comfortable in deep water. All levels welcome.

**SILVERSNEAKERS® SPLASH** is a total body aqua conditioning class in a pool. The class focuses on increasing agility, range of movement and cardiovascular conditioning. Resistance choreography is done with a specially-designed SilverSneakers® kickboard. No swimming ability is required.



**Pool will close for renovations on Sunday, October 27, 2019 at 5 p.m.**

# FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40-6:40 a.m.	<b>Endurance Training</b> (5:40-7:10 a.m.) Kim Street	<b>Basic Cycle</b> Sherry Roberts	<b>Ultimate Strength</b> Kim Street	<b>Basic Cycle</b> Sherry Roberts	<b>Power Intervals</b> (5:40-7:10 a.m.) Kim Street	<b>CHILDCARE AVAILABLE</b> 9 A.M.-12 P.M.
6-7 a.m.	<b>Morning Yoga</b> Vincent Gerbino		<b>Morning Yoga</b> Vincent Gerbino		<b>Morning Yoga</b> Jennifer Wilson	
8-9 a.m.	<b>Therapeutic Chair Yoga</b> (7:15-8:15 a.m.) Caitlyn Alter <b>Basic Cycle</b> Kim Street	<b>Chair Yoga</b> (7:15-8:15 a.m.) Emi Shimura <b>Challenge Cycle</b> Kim Street	<b>Interval Cycle</b> Sherry Roberts <b>Intervals</b> (8-9:15 a.m.) Kim Street	<b>Chair Yoga</b> (7:15-8:15 a.m.) Emi Shimura <b>Challenge Cycle</b> Kim Street	<b>Ultimate Strength</b> (7:45-8:45 a.m.) Kim Street <b>Basic Cycle</b> Sherry Roberts	<b>Challenge Cycle</b> (7:45-8:45 a.m.) Kim Street <b>Pure Strength</b> (7:45-8:45 a.m.) Stevie Cote
9-10:15 a.m.	<b>Step</b> Kim Street	<b>BODYPUMP®</b> (9-10 a.m.) Danielle Shaw	<b>Tai Chi Better Balance</b> (9:25-10:25 a.m.) Elaine Wagner	<b>Variety Pack</b> Danielle Shaw	<b>BODYPUMP®</b> (9-10 a.m.) Danielle Shaw	<b>Intervals/Step</b> (9-10 a.m.) Kim Street
10:30-11:30 a.m.	<b>SilverSneakers® Classic</b> Cher Babkiewich	<b>SilverSneakers® Cardio</b> Tracy Smith	<b>SilverSneakers® Classic</b> Annette Melton	<b>Fit for Life</b> Sherry Roberts	<b>SilverSneakers® Classic</b> Pam Dobrowski	<b>Basic Yoga</b> (10:15-11:15 a.m.) Vincent Gerbino
12-1 p.m.	<b>BODYPUMP®</b> Mutlira Hobbs	<b>PIYO®</b> Cindy Cohen <b>ZUMBA® GOLD</b> (1:30-2:30 p.m.) Annette Melton	<b>BODYPUMP®</b> Danielle Shaw	<b>Pilates</b> Victoria Bernhard	<b>BODYPUMP®</b> Colleen Salgado <b>Basic Yoga</b> (12:15-1:15 p.m.) Stevie Cote	<b>Basic Yoga</b> (11:30 a.m.-12:30 p.m.) Vincent Gerbino
4:30-5:30 p.m.		<b>Pure Strength</b> Stevie Cote	<b>Prenatal Yoga</b> Must pre-register. (4:20-5:20 p.m.)	<b>BODYPUMP®</b> Colleen Salgado	<p>Classes in red are heavily attended and require that you pick-up a number at our front desk to reserve your spot in class.</p> <p>It is your responsibility to go at your own pace. As always, consult your physician before starting any type of fitness program.</p> <p>Aerobic and cycling classes are designed for adult participation (age 16+) unless otherwise noted.</p> <p>Children under 16 years of age must have approval from coordinator before attending class.</p>	
5:30-6:30 p.m.	<b>Incredible Abs</b> (5-5:20 p.m.) <b>Int. Conditioning</b> (5:25-6:25 p.m.) Stevie Cote <b>Basic Cycle</b> Sherry Roberts	<b>ZUMBA®</b> (5:45-6:45 p.m.) Cindy Cohen	<b>Basic Cycle</b> Sherry Roberts <b>Ultimate Intervals</b> (5:25-6:25 p.m.) Paula Cittadino	<b>ZUMBA® TONE</b> (5:45-6:45 p.m.) Cindy Cohen		
6:30-7:30 p.m.	<b>Cardio Fusion</b> Vincent Gerbino	<b>Interval Cycle</b> (6-7 p.m.) Sherry Roberts	<b>Barre Fit</b> Cindy Cohen	<b>Basic Cycle</b> (6-7 p.m.) Colleen Salgado		
7-8 p.m.		<b>Basic Yoga</b> Vincent Gerbino		<b>Yoga Flow</b> Jennifer Wilson		
7:45-8:45 p.m. (Childcare closes at 8 p.m.)	<b>ZUMBA®</b> Missy Marsh		<b>ZUMBA®</b> Missy Marsh			

CHILDCARE AVAILABLE MONDAY-FRIDAY 8:45 A.M.-1:10 P.M./4-8 P.M.

**BARRE FIT** 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.

**BASIC/INTERMEDIATE CYCLE** Learn the basics of spin through a low-impact/high-intensity workout. These classes are for beginner and intermediate riders.

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

**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.

**CHALLENGE CYCLE** Challenge yourself with this very intense alternative spinning class workout targeted to very conditioned riders.

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

**FIT FOR LIFE** Strength, balance, core and flexibility training designed for ages 55+ to maintain and improve function.

**INTERVAL CONDITIONING/ULTIMATE INTERVALS** This class fuses strength training, moderate/high intensity aerobics, bench stepping circuit training and a core workout.

**INTERVAL CYCLE** 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.

**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!

**MORNING YOGA** Join us early as we open, expand and prepare our mind for the day.

**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.

**POWER INTERVALS** This class combines weights, resistance training, jump ropes, plyometrics, sports conditioning and endurance cardio training.

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

**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.

**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.

**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.

**VARIETY PACK** Class changes week-to-week. Sometimes we use the step, Bosu®, kickboxing, free weights, bands and stability ball. All fitness levels are welcome.

**YOGA FLOW** for the intermediate yoga student. Flow from one pose to another and connect your breath with your movement.

**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 the recreates the original moves you love at a lower intensity.

Please see pages 62 and 63 of the Fall-Winter Thornton Activities Guide for information on additional fitness and nutrition class options. (Registration and class fees apply.)