

Fall back into Group Fitness

Monday

5:30-6:25 am*
Spinning®
Joe



8:00-8:55 am
H.E.A.T
Ginger



9:00-9:55 am
Spinning®
Yvonne



9:30-10:25 am
Aqarobics
Jinee



1:00-1:55 pm
Power Hour*
Ginger



5:00-5:55 pm
Tabata
Jeanna



5:30-6:25 pm
SSRT
Tina



6:30-7:25 pm
Zumba®
Dawn



7:30-8:25 pm
Yoga
Eleanor



Tuesday

5:30-6:25 am*
Muscle Confusion
Jeanna



8:15-9:10 am
Functional Training
Jinee



9:15-10:10 am
Beginner Boot Camp
Ginger



9:30-10:25 am
Joints in Motion
Jinee



6:00-6:55 pm
Muscle Confusion
Tina



6:15-7:10 pm
Aqarobics
Karen



*Classes in italics will take place
in the gym back court
* Classes noted with a star are
not during childcare hours*

Wednesday

5:30-6:25 am*
Spinning®
Joe



8:15-9:10 am
SilverSneakers® Classic
Jinee (2&3)



9:00-9:55 am
Spinning®
Yvonne

9:30-10:25 am
Aqarobics
Jinee



5:30-6:25 pm
30-20-10
Tina



6:00-6:55 pm
Zumba®
Dawn (2&3)



6:45-7:40 pm
Spinning® Power Hour
Joe



Thursday

5:30-6:25 am*
Tabata
Jeanna



8:00-8:55 am
H.E.A.T
Ginger



8:15-9:10 am
Functional Training
Jinee



9:30-10:25 am
Joints in Motion
Jinee



1:00-1:55 pm*
Power Hour
Ginger



5:00-5:55 pm
Strength
Jeanna



5:30-6:25 pm
Yoga
Eleanor



6:15-7:10 pm
Aqarobics
Karen



6:45-7:40 pm
Spinning® Strength
Susie



Friday

5:30-6:25 am*
Spinning®
Yvonne



8:15-9:10 am
SilverSneakers® Classic
Jinee



9:15-10:10 am
Beginner Boot Camp
Ginger



9:30-10:25 am
Aqarobics
Jinee



10:30-11:25 am
Club FENS
Ginger



Saturday

7:30-8:25 am*
Spinning® Strength
Susie



STRENGTH DANCE STRETCH AQUA CARDIO SPINNING

August 3rd through October 1th

HIGHLAND
PARKS & RECREATION
THE FUN THEORY

Fall back into Group Fitness

GROUP FITNESS FEES

EARLY BIRD-July 20th through August 2nd only

Members 1st Class \$25.00

2nd+class(es) Early Bird Only \$5.00

Non-Members 1st Class \$32.00

2nd+class(es) 10% off

Chance Card

\$45.00 Members

\$60.00 Non-Members

This card allows you to attend 16 classes without committing!

Drop In Fee

\$3.00 Members

\$4.50 Non-Members

Pay a drop in fee to attend one class!

Cancelled Class

If class is cancelled a make-up pass good for 2 months will be issued. Make-up passes will be available at Front Desk. Schedule subject to change. Highland Parks and Recreation reserves the right to cancel any class on the basis of low attendance.

SPINNING CLASS FEES

Separate fees apply for Spinning. TWO chances will be used per class. Same cancelled classes rules apply to Spinning.

EARLY BIRD-July 20th through August 2nd

Members 1st Class \$35.00

2nd+class Early Bird Only \$20.00

Non-Members \$45.00

Drop In Fee

\$4.00 Members

\$6.00 Non-Members

Pay a drop in fee to attend one class!

CHILD CARE

\$45 for 20 visits
\$125 for yearly pass
(\$100 add. child)

Drop In Fee
\$2.50 per visit

* by class time signifies no childcare

CLASS DESCRIPTIONS



Aquarobics: A low impact total body workout that uses water for resistance. Splash your way towards better flexibility, strength and cardiovascular ability.

Joints in Motion: A slower paced aqua class to increase joint range of motion, strengthen muscles, and build endurance with minimum pressure on the joints.



Boot Camp (Beginner): Looking to take your cardio and strength to a new level? This class incorporates a variety of Boot Camp style drills to keep you sweating and having fun!

H.E.A.T. (High Energy Advanced Training) Utilize athletic drills, interval training and strength training exercises to take your endurance to an all new level! You will feel the HEAT!

Muscle Confusion: Interested in P90x and Insanity type workouts? This action packed class will keep your body guessing and improving!

S.S.R.T (Spin, Stairs, Run & Tone): A cardio and strength combination that will incorporate 3-5 minutes biking, stairs, running the track and weight training! You will never be bored in this ever changing class!!

Tabata: This new class is designed to achieve maximum results in a minimal time period. During a Tabata class you will perform 20 seconds of maximum intensity exercise followed by 10 seconds of active rest.



Zumba®: This Latin inspired, easy to follow, calorie burning, feel it to the core FITNESS PARTY! Get into shape without knowing it! It's a fiesta!

Yoga: This class synchronizes muscle toning with relaxation by focusing on flowing poses and deep breathing. With support, find your edge while you build strength, improve flexibility and release tension and stress.



Club FENS: Flexibility, Endurance, Nutrition and Strength. All of the essential components of fitness in one class!

Functional Training: This class is high in energy and low in impact. The perfect combination of resistance training, cardio conditioning and flexibility.

Power Hour: For the first time at the KRC enjoy a lunch hour workout! This workout break will leave you energized and ready to tackle the rest of your day!

Strength: Increase your muscular strength and endurance while learning proper form and technique. This is a total body class that will emphasize a well rounded strength routine!

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.



Spinning®: Go on a voyage to motivating music! Great for burning calories, cardio conditioning and FUN! Choose your own intensity and increase your fitness at your own pace.

Spinning & Strength: Challenge your body with this intense fusion workout! Enjoy the first half of the class on the Spinning® bike then enjoy some great strength training off the bike!