

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:25 am* Spinning® Joe	5:30-6:25 am* Muscle Confusion Jeanna	5:30-6:25 am* Spinning® Joe	5:30-6:25 am* Tabata Jeanna	5:30-6:25 am* Spinning® Yvonne
8:00-8:55am H.E.A.T Ginger	8:15-9:10 am Functional Training Jinee	8:00-8:55 am H.E.A.T Ginger	9:00-9:55 am Beginner Boot Camp Ginger	8:00-8:55 am H.E.A.T Ginger
9:00-9:55 am Spinning® Yvonne	9:00-9:55 am <i>Beginner Boot Camp</i> Ginger	8:15-9:10 am SilverSneakers® Classic Jinee (2&3)	8:15-9:10 am Functional Training Jinee	8:15-9:10 am SilverSneakers® Classic Jinee
9:30-10:25 am Aquaerobics Jinee	9:30-10:25 am Joints in Motion Jinee	9:00-9:55 am Spinning® Yvonne	9:30-10:25 am Joints in Motion Jinee	9:30-10:25 am Aquaerobics Jinee
1:00-1:55 pm Power Hour* Ginger	5:30-6:25 pm Yoga Eleanor	9:30-10:25 am Aqua Tabata Jinee	5:00-5:55 pm Tabata Jeanna	9:30-10:25 am Club FENS Ginger
5:00-5:55 pm Strength Jeanna	6:00-6:55 pm <i>Muscle Confusion</i> Tina	1:00-1:55 pm* Power Hour Ginger	5:30-6:25 pm Yoga Eleanor	
5:30-6:25 pm SSRT Tina	6:15-7:10 pm Aquaerobics Karen	5:30-6:25 pm 30-20-10 Tina	6:15-7:10 pm Aquaerobics Karen	<b>SATURDAY</b>
6:30-7:25pm Zumba® Dawn	<i>Classes in italics will take place in the gym back court</i> * Classes noted with a star are not during childcare hours	6:00-6:55 pm Zumba® Dawn (2&3)	6:45-7:40 pm Spinning® Strength Susie	7:30-8:25 am* Spinning® Strength Susie

OCTOBER 11TH THROUGH DECEMBER 20TH



# GROUP FITNESS SCHEDULE

## GROUP FITNESS FEES

### EARLY BIRD-SEPTEMBER 28 to OCTOBER 11th only

<b>Members 1st Class</b>	<b>\$25.00</b>
<b>2nd+class(es)</b> <small>Early Bird Only</small>	<b>\$5.00</b>
<b>Non-Members 1st Class</b>	<b>\$32.00</b>
<b>2nd+class(es)</b>	<b>10% off</b>

### 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-September 28 to October 11

<b>Members 1st Class</b>	<b>\$35.00</b>	<b>Drop In Fee</b>	<b>\$4.00 Members</b>
<b>2nd+class</b> <small>Early Bird Only</small>	<b>\$20.00</b>	<b>\$6.00 Non-Members</b>	
<b>Non-Members</b>	<b>\$45.00</b>	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!