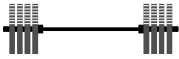
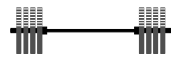
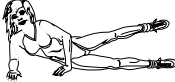


Harry L. Coomes Recreation Center

Group Fitness Programs

July / August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	20 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	21 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	22 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	23 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	24 9-10a ExPRESSo A 
25	26 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	27 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	28 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	29 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	30 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	31 9-10a ExPRESSo A
1	2 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	3 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	4 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	5 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	6 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	7 9-10a ExPRESSo A 
8	9 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	10 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	11 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	12 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	13 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	14 9-10a ExPRESSo A
15	16 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	17 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	18 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	19 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	20 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	21 9-10a ExPRESSo A

22	23 9 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 -6:30p Pumped Up A 6:35-7:20p Steppin Out A/B 7:20 – 8 pm Zumba A/	24 8:15-9a Circuit Fun A 9- 10a Re”FLEX”ion A 5:45 – 6:15 P – Pure Cardio A 6:30 – 7:15p On CORE A	25 9- 10:15a Oxygen Overload A/B 10:15 – 11a Zumba A 5:45 – 6:30p Pumped Up A 6:35-7:20 p Steppin Out A/B 7:20 – 8 pm Zumba A/B	26 8:15 a Zumba A 9 – 10 am Re”Flex”ion A 10:05-11:05am Silver Sneakers MSROM A 5:30– 6:30p Work It All A 6:30-7:30p OnCORE A	27 8:15 a Zumba A 9 – 10:15a Extreme Makeover A	28 9-10a ExPRESSo A 
----	--	--	--	--	---	---

MUST OBTAIN FITNESS PASSES FROM FRONT DESK IN ORDER TO PARTICIPATE IN CLASSES

6.00 MEMBERS / \$12.00 NONMEMBERS for 6 pass card / **Ballroom Dance\$16 members / \$20 nonmembers for 6 week session

Fitness Instructors / Group Descriptions listed on back

Silver Sneakers Classes(those who are eligible for Silver Sneakers qualify to participate in these classes for no charge – cards must specifically reflect this membership – members and nonmembers may also participate in classes through utilizing the fitness passes)

******Classes WILL begin at times listed; participants should arrive for classes 5 – 10 minutes early in order to be prepared to begin on time***

ZUMBA- Latin inspired dance fitness class which creates a dynamic, exciting, and effective fitness system for any level!! Combining fast and slow rhythms that tone and sculpt the body, this new concept will provide a balance of cardio and muscle toning!!! EXERCISE IN DISGUISE!! Limit 25 participants

Oxygen Overload - A mix of heart pumping cardio to include step aerobics, kickboxing, and ball aerobics along with resistance training exercises using free weights to target all major muscle groups. An excellent way to burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density Something new every class! Great for those who like to mix it up!! Limit 25 persons

Re”FLEX”ion – You will be amazed when you look in the mirror and see the results!!! In this weight training class you will burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

Silver SneakersMSROM – This class offers something for everyone, regardless of fitness level, and can help improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. Your instructor guides you through exercises with resistance tools at your own pace. A chair is available for seated and /or standing support, stretching & relaxation

PUMPED UP - This weight training class is here to “Pump You Up” by burning fat, improving body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

ExPRESSo - Better than a boost of caffeine to start your day!! In this weight training class you will burn fat, improve body shape and tone, as well as muscular strength and endurance/ bone density through resistance training exercises using free weights to target all major muscle groups. Limit 20 participants

Pure Cardio - 30 minutes of heart pumping action – A great way to get on target with your cardio routine in a short amount of time!!! Give it a try!!! Limit 20 participants

OnCORE / HardCORE - Not your normal Pila-T-s class. Inspiring, Invigorating, Rejuvenating core centered workout utilizing the breath along with a finale of challenges alternating between magic circle, stability ball or bands. *Get to the CORE* of your workout with this class. Limit 15 participants

Work It All Looking for variety? This is the class for you! Full body workout incorporating cardio, strength training, core training and flexibility every time you come to class. Class will include circuit step workouts, circuit stations workouts, drills, step/BOSU intervals, and a 20/20/20 fusion (20 minutes of cardio, 20 minutes of strength training and 20 minutes of Pilates). You won't get bored in this class! Limit 20 participants

STEPPIN OUT - A great night "out"! This class is an energetic fat burning cardio class with simple step moves and basic step combinations. An added bonus is the abdominal workout, muscle toning, and hi- lo floor circuits. Make your reservations today!! Limit 25 participants

Extreme Makeover - Forget the plastic surgery!! This 60 minute interval cardio and weight training class will help you make over your body without paying the big \$. You will work all of the major muscle groups and feel like a million when you finish!!

Circuit Fun— Sure to get you energized for the rest of the day!! A mixture of aerobic intervals along with resistance training to help improve overall shape and tone!! Appropriate for all levels.

Instructors : Alison Bundy, Kim Dove, Amanda Godfrey, Carla Griffith, Nicki Honaker, Karen Kilgore, Mary Rodriguez, Libby Stokes,