



Group Fitness Schedule

September 8th - November 1st

● XFIT Room ● Upstairs Fitness ● Yoga Room ● Gymnasium ● Quality Inn Pool ● Martial Arts Room

Classes at ARC— UNLIMITED with Plus membership or \$5/class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	POUND Melissa Richey 45 min		POUND Melissa Richey 45 min			Sept 12th– Riki Hunter 9am CARDIO DANCE Sept 26th– Jacque Bair 8:15a POUND Oct 10th– Jacque Bair 8:15a POUND Oct 17th– Riki Hunter 9am CARDIO DANCE Oct 24th– Jacque Bair 8:15a POUND
8:30a	POWER PUMP Melinda Cullan 60 min	T.B.C Reve' Fries 45 min	POWER PUMP Brittany Dunkle 60 min	REFIT Katie Arends 45 min	T.B.C Melinda Cullan 45 min	
8:30a	YOGA Kristen Miller 60 min			GENTLE YOGA Kristen Miller 60 min		
9:30a	ACTIVE SENIORS Jane/Kathy 60 min	CHAIR YOGA Mary Kees 60 Min	SILVER SNEAKERS Mary Kees 60 min	POUND Shae Finkey 45 min	SILVER SNEAKERS Mary Kees 60 min	
5:00p	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min		
5:30p	T.B.C Brittany Dunkel 45 min	POWER PUMP Brittany Dunkel 60 min	T.B.C Angie Flesner 45 min	POWER PUMP Angie Flesner 60 min		
6:30p	JIU JITSU Michael Garcia 45 min		JIU JITSU Michael Garcia 45 min		Muay Thai Kickbox Mike Garcia 45 min	

Class Descriptions

Active Seniors: This is a low impact class designed to target strength, cardio endurance, range of motion, and flexibility. Class is taught in an energizing atmosphere with fun music geared toward the older adult who are new to fitness or transitioning into lower impact workouts.

Cardio Dance: Guest instructor Riki Cornish-Hunter from Hemingford's Body Shop instructs an intense cardio dance class with choreographed exercise that includes body weight moves and cardio dance.

Chair Yoga: Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Gentle Yoga: This class will increase flexibility, balance, and lengthen muscles, while going at a slower pace for those with limited mobility and/or wanting an gentle yoga experience in a welcoming environment.

Jiu Jitsu: This class focuses on grappling, teaching skills that can be used to successfully defend oneself against bigger, stronger opponents. Ages 14+

Pound: Channel your inner Rockstar with this full body cardio-jam session to infectious and energizing music! Pound combines cardio, strength training and Pilates using lightly weighted drumsticks called "ripsticks" for a full body workout!

Power Pump: Experience our NEW group barbell class! Using the barbells we will work each muscle group to amazing music for a full body strength building workout. If adding in resistance training is your goal but the weight room is intimidating then this class is for YOU! You will get a full body resistance workout using barbells as instructors teach you proper form. In Power PUMP we power up the cardio BURN with one minute intervals of HITT between strength tracks. What are you waiting for, GET PUMPED!

REFIT ® is a workout you can feel good about! Join certified REFIT Revolution instructor Katie Arends for a class with powerful moves and positive music,. You'll discover an inspiring workout that changes your body, mind and soul. This **cardio-focused class** is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!)

Silver Sneakers: Cardio and circuits set to music you will love! Variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Easily follow at your own pace, all levels welcome.

T.B.C: Total Body Conditioning class has it all! Cardio and weights in simple to follow but certainly not boring bootcamp based workout that will keep you guessing with new workouts and challenges each week.

Waves: Make a splash with our water aerobics workout! Water can provide up to 12 times more resistance than air making it beneficial for strength and mobility training as well as improved cardiovascular conditioning while providing a low impact workout.—Class TBD this fall

X Fit: Our instructors will take you through a program that builds strength and increases conditioning through varied workouts. You will learn proper form on deadlift, squat, clean and more! Each day the WOD (workout of the day) will test a different part of your functional strength or conditioning, with the goal of building a body that's capable of practically anything and everything! Beginners are welcome anytime!

Yoga: Yoga class includes series of Asana (postures) designed to increase flexibility, balance and strengthen mind and body. Class will consist of both standing and floor poses and participants should be comfortable moving from floor to standing. Yoga is shown to decrease stress, pain and increase body awareness in a supportive atmosphere.

Muay Thai Kickbox: Literally 'Thai boxing', is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. This discipline is known as the To ensure safety of social distancing each fitness space will have a max limit of participants. You may call the day of to reserve a spot in class

Please wash hands before and after class and maintain 6 feet social distance.

Upstairs: 10 people Gymnasium: 20 People Yoga Room: 4 People XFIT Room: 5 People

Alliance Recreation Center // 308.762.2201 // www.alliancerecenter.com