

# HOOVER

# RECREATION CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
5:30 CYCLE Tracy	8:30 WATER FITNESS Beth Pool	5:30 CYCLE BOOT CAMP Laurie M.	5:30 CYCLE Tiffany	8:30 HIIT Friday Gay AR	8:45 WEEKEND WAKE-UP Gay AR	
8:30 CYCLE MaryBeth	8:30 ZUMBA Emily/Stephanie AR	8:30 YOGA Gay Horizon Room	8:30 WATER FITNESS Pam Pool	8:30 WATER FITNESS Pam Pool	9:15 CYCLE Suki	
8:30 WATER FITNESS Pam Pool	8:30 CYCLE Grace	8:30 WATER FITNESS Penny - Pool	8:30 REFIT Tresa AR	9:35 YOGA CORE CHALLENGE MaryBeth HR	10:00 DANCE FITNESS Stephanie/Beverly/Emily /Tresa AR	
8:30 HIIT Gay AR	8:45 YOGA Stacy Horizon Room	8:30 CARDIO INTERVAL Cindy AR	8:30 CYCLE Cindy	11:00 CYCLE Cindy	10:15 YOGA Suki Horizon Room	
11:30 CYCLE Penny	9:45 BODY SCULPT Heather AR	9:45 STEP Gay AR	9:00 ACTIVE ADULT EXERCISE Beth HR			
			9:45 BODY SCULPT MaryBeth AR			
<b>AFTERNOON / EVENING</b>						
4:30 TOTAL BODY CHALLENGE Suki AR	5:00-5:25 BUTTS & GUTS Randy AR					
5:15 BODY STRENGTH/CORE Suki AR	5:35-6:30 TITAN UP Randy AR	6:00 Refit Beverly AR	5:00-5:25 BUTTS & GUTS Randy AR			3:00 CYCLE Theresa / Grace
6:00 YOGA Karen Horizon Room	5:30 PILATES Stephanie / Nicole Horizon Room	6:00 YOGA Karen / Stacy Horizon Room	5:35-6:30 TITAN UP Randy AR			
6:00 CYCLE Grace	6:00 CYCLE Penny		6:00 CYCLE Penny			
	6:35 REFIT Beverly AR		6:35 REFIT Stephanie AR			

**GROUP FITNESS SCHEDULE**

First Floor Activity Room (AR) Cycle Room Horizon Room Jamie Foster Fitness Manager

205.444.7656 jamie.foster@hoooveralabama.gov

# HOOVER RECREATION CENTER

# GROUP FITNESS CLASS DESCRIPTIONS

<p><b>WATER</b> This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.</p>	<p><b>BUTTS &amp; GUTS</b> A 25 minute class that focuses on the abdominals and the glutes. Core strength is fundamental for any fitness agenda. Butts &amp; Guts will feature science-based exercises that employ weights, bands, and balls to provide challenges to the core in a variety of ways.</p>
<p><b>EVERY MILE COUNTS</b> Beginners as well as people that have already completed a 5K can look to a 10K or half as the next step! This class will carry those from even the couch to the start line and across the finish line too! You will start walking / running from where your current fitness level is now and build up slowly so you will enjoy the journey. <b>For info call Suki at 205-617-1588 or email <a href="mailto:sukiakins@yahoo.com">sukiakins@yahoo.com</a>.</b></p>	<p><b>STEP</b> Come and burn some calories with this fun class. This hour consists of a choreographed step class with a sequence of movements of motion and form on the step. Loads of fun and great for your legs!</p>
<p><b>TOTAL BODY TITAN-UP</b> This unique class of science-based body sculpting techniques will combine weights, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.</p>	<p><b>PILATES</b> Fitness based mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.</p>
<p><b>CYCLE</b> An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time. New riders please come 10 minutes early.</p>	<p><b>HIIT &amp; HIIT FRIDAY</b> High Intensity Interval Training. High intensity cardio segments with interval muscle work. Every muscle in your body will be worked in this class.</p>
<p><b>REFIT</b> This is a "one size fits all" kind of fitness class. Cardio. Toning. Flexibility. Balance. Stretching. You'll get it all with this total body workout while experiencing exhilarating energy and enjoying rockin rhythms.</p>	<p><b>DANCE FITNESS</b> This class combines ReFit/Zumba/various other types of dance. 3 instructors alternate teaching this on Saturdays. It is loads of fun and a great way to start your weekend plus burn calories!</p>
<p><b>TOTAL BODY CHALLENGE</b> This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!</p>	<p><b>YOGA CORE CHALLENGE <b>***(this is an advanced class)***</b></b> Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. During class you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.</p>
<p><b>YOGA</b> This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.</p>	<p><b>BODY SCULPT</b> Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.</p>
<p><b>BODY STRENGTH / CORE</b> A 45 minute strength and resistance class in a circuit format. Will be a great full body workout.</p>	<p><b>YOGA ( Saturday morning)</b> Great class for beginners and intermediate level! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.</p>
<p><b>WWW (Weekend Wake Up Workout)</b> This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!</p>	<p><b>ZUMBA</b> This class combines Latin music with salsa, meringue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area. Come join the party!</p>
<p><b>CYCLE BOOT CAMP</b> An indoor cycle class with a mix of upper body weights, tabata drills, high intensity drills, hill climbing, and sprints.</p>	<p><b>ACTIVE ADULT EXERCISE</b> This class is a low impact exercise class. Participants will workout with a variety of weights and bands.</p>