

**Incline Village Recreation Center Group Fitness Class Schedule**  
**Group Fitness Schedule April 7 – April 14, 2024**  
**Daily Drop-ins are welcome!**

\*11:15 am classes Monday- Friday offer 55+ Drop-in rate

\*\*Please check the website for any last minute scheduling changes due to weather or facility impacts.

	<b>Sunday 4/7</b>	<b>Monday 4/8</b>	<b>Tuesday 4/9</b>	<b>Wednesday 4/10</b>	<b>Thursday 4/11</b>	<b>Friday 4/12</b>	<b>Saturday 4/13</b>
<b>6:15 – 7:00 AM</b>			<b>Cycle</b> GFR <i>Denise</i>	<b>Cycle</b> GFR <i>Denise</i>	<b>Cycle/Strength</b> GFR <i>Sandy</i>		
<b>7:45 – 8:30 AM</b>		<b>TRX Blast</b> GFR <i>Denise</i>		<b>TRX Blast</b> GFR <i>Sandy</i>		<b>Cycle/Strength</b> GFR <i>Helen</i>	<b>Cycle</b> GFR <i>Kristen</i> <i>Ends at 8:35am</i>
<b>9:00 – 9:50 AM</b>	<b>Sports Conditioning</b> GFR <i>Kris</i>	<b>Core/Balance/ Flexibility</b> GFR <i>Danielle</i>	<b>Core/Balance/ Flexibility</b> GFR <i>Pandora</i>	<b>Zumba</b> GFR <i>Sue</i>	<b>Core/Balance/ Flexibility</b> GFR <i>Sue</i>	<b>Strength Conditioning</b> GFR <i>Frank</i>	<b>Sports Conditioning</b> GFR <i>Kristen</i>
<b>10:10 – 11:00 AM</b>	<b>**Yoga</b> GFR <i>Dolores</i> <i>Ends at 11:10 am</i>	<b>Cardio/Strength Conditioning</b> GFR <i>Pandora</i>	<b>Cardio/Strength Conditioning</b> GFR <i>Sue</i>	<b>Cardio/ Strength Conditioning</b> GFR <i>Pandora</i>	<b>Strength Conditioning</b> GFR <i>Frank</i>	<b>Strength Conditioning</b> GFR <i>Frank</i>	<b>**Yoga</b> GFR <i>Sheri</i> <i>Ends at 11:10 pm</i>
<b>*11:15 – 12:00 PM</b>		<b>Yoga</b> GFR <i>Barbara</i> <i>Ends at 12:15 PM</i>	<b>55+ Fitness</b> GFR <i>Sue</i>	<b>55+ Yoga</b> GFR <i>Molly</i>	<b>55+ Fitness</b> GFR <i>Frank</i>	<b>Yoga</b> GFR <i>Amy</i> <i>Ends at 12:15 PM</i>	
<b>12:15 – 1:15 PM</b>			<b>Yoga</b> GFR <i>Amy</i>				
<b>5:30 – 6:30 PM</b>		<b>Yoga</b> GFR <i>Amy</i>	<b>Yoga</b> GFR <i>Heather T.</i>		<b>Core/Balance/ Flexibility</b> GFR <i>Sue</i>		

## **Description of Incline Village Recreation Center Group Fitness Classes**

**Strength Conditioning**- Muscular strength, endurance, & power exercises for the entire body. Hand weights, body bars, medicine balls, dynabands & exertubes are used to work every muscle in the body.

**Cardio/Strength Conditioning**- A combination of cardiovascular and muscular conditioning choreographed to pop music. The format is continual exercise with a few short breaks. Instructors may vary the method of cardiovascular conditioning (i.e., Step, Circuit, HIIT, Boot Camp, Fitness Dance or Kickboxing), and use small resistance equipment.

**Flexibility, Core, & Balance**- A dynamic strength and flexibility conditioning class that incorporates principles of mat Pilates, therapeutic ball training, gliding disc work and rhythmic movement to attack the "core muscle" groups. Develop your abs, back, hips, and torso for total body control and power; plus, increase your range of motion, balance and good posture.

**Cycle & Strength**- Class that combines cycling and strength conditioning 35-40 minutes cycling and 20-25 minutes of strength/core conditioning.

**Cycle**- High energy classes led by seasoned, motivated instructors who will help you power up the hills, speed through the sprints, and sustain maximum endurance on the flats! Space is limited...participation is first come, first served. Classes are included in the Membership Group Fitness Program.

**Zumba**- This workout fuses Latin and African rhythms with easy to follow dance moves, creating a one-of-a-kind fitness program. Expect to burn about 500 calories while having fun!

**TRX Suspension and TRX Body Blast training**- are complete workouts that includes full body strength & cardiovascular fitness moves. TRX Body Blast - An intense group training class with high speed exercises in a set arrangement. Driven by the beat of the music, organized by number of repetitions and quick transitions. This class is ideal for those who enjoy fun and high energy movements.

**Yoga & 55+Yoga**- A set of mental and physical exercises aimed at producing spiritual enlightenment, strength, flexibility, & balance while reducing stress and promoting relaxation.

**Spring Training and Winter Sports Conditioning**- are circuit training classes that include exercises for strength, flexibility, balance, endurance, agility and coordination. Each class includes a warm-up, group drills, dynamic stretch and circuit stations as well as sports specific tips. It is fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise or station. Each participant starts at a station, then moves to the next station when the instructor yells "time". Sometimes the circuit includes intervals of high intensity cardiovascular exercise between stations.

**HIIT**- High intensity interval training sessions. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. Our **HIIT** classes will be presented in many styles including "**Insanity**" a total body workout that requires no gym or equipment. Using your own body weight for resistance this program is based on a fitness method called "max interval training"