

Incline Village Recreation Center Group Fitness Classes July 2- July 8, 2017

The Rec. Center hrs. for the holiday will be 6:00a-5:00p on 7/4 in recognition of Independence Day

	Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
6:30 – 7:30 AM			Cardio Cycle <i>Linda</i>		Cardio Cycle <i>Sandy</i>		
7:45 – 8:45 AM		TRX Body Blast <i>Linda</i>	Yoga <i>Nancy</i> (8:00am to 9:00am)	TRX Body Blast <i>Sandy</i>	Yoga <i>Barbara R.</i> (8:00am to 9:00am)	Cycle & Strength <i>Frank</i>	Cardio Cycle <i>Linda</i>
9:00 - 10:00 AM		Zumba <i>Crystal</i>		Get-on-the-Ball <i>Peggy</i>		Cardio Cycle <i>Frank</i> (Ends at 9:50 AM)	Strength Conditioning <i>Linda</i>
9:10 – 10:00 AM			Flexibility, Core & Balance <i>Pandora</i>		Flexibility, Core & Balance <i>Sue</i>		
10:10 – 11:00 AM	**Yoga@ the Beach (Ends @ 11:10) <i>Jillaine</i>	Cardio/Strength Conditioning <i>Pandora</i>	Cardio/Strength Conditioning <i>Sue</i>	Cardio/ Strength Conditioning <i>Pandora</i>	Cardio/Strength Conditioning <i>Frank</i>	Strength Conditioning <i>Frank</i>	Zumba <i>Lupe</i>
11:10 – 12:00 PM		* Yoga <i>Nancy</i> (Ends at 12:10 PM)	* 55+ Fitness <i>Robin</i>	* 55+ Yoga <i>Robin</i>	* 55+ Fitness <i>Janice</i>	*Yoga <i>Deborah</i> (Ends at 12:10 PM)	
<u>LUNCH BUNCH</u> 12:15 – 1:05 PM			Gentle Yoga <i>Tanya</i>	Mat Pilates <i>Peggy</i>	Zumba <i>Lupe</i> (Ends at 1:15 PM)	Zumba <i>Peggy</i>	
5:10 – 6:00 PM		**Yoga@ the Beach <i>Naomi</i> (Starts at 5:00 PM)	No Class Happy 4 th !	Tabata Cycle & Core <i>Linda</i>	Cardio/Strength Kickbox <i>Nicole</i>		
6:10 - 7:00 PM		Cardio Cycle <i>Sandy</i> (Ends at 7:10 PM)	No Class Happy 4 th !	TRX Suspension Training <i>Linda</i> (Ends at 7:10 PM)	**Yoga@ the Beach <i>Nancy</i> (Ends at 7:10 PM)		

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. Instructors may vary the method of cardio conditioning (i.e., Step, Circuit, HIIT, Boot Camp, or Kickboxing).

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.

Tabata Cycle & Core- Circuit class 4 minutes of core workout alternating with 4 minutes of cycle Tabatas. High energy, lots of fun.

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

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

Mat pilates- features classical Pilates exercises performed on a mat that will provide a total body workout that strengthens the core, tones the hips and thighs, and flattens the abs.

Cardio/Strength KickBox - This class is flexible to serve the needs of all students from beginners to athletes...both men & women are welcome! Class format integrates combinations of punches, kicks, squats, plus and movement. Additional muscle and core exercises are incorporated to strengthen and tone. You will have fun, reduce stress, & get an awesome workout.

*** 55+ Rate**- Members are free. Indicates a drop-in rate of \$5. for 55+ individuals who are Incline Village pass-holders and \$10 for general public.

Lunch Bunch- Members are free. Fees are \$8 for Incline Village pass holders (or 11-class punch card for \$69) and \$10 for general public (or 11 class punch card for \$89).

****Yoga at the Beach**- This class takes at Incline Beach. Please make sure to have your recreation pass or voucher at the gate.