



Fitness Class Schedule Winter 2018



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00am – 7:15am Rise and Shine Yoga Gail	6:00am – 7:00am Sunrise Spin & Stretch Megan NEW		
		7:30am – 8:30am Circuit Pilates Leslie		6:30 – 7:30am STOTT PILATES Leslie	7:00am – 8:00am Morning Flow Yoga Heather NEW
8:15am – 9:30am Yoga Megan			8:15am – 9:15am Martial Arts Fitness Jeremy	8:15am – 9:30am Yoga Megan	8:15am – 9:15am Martial Arts Fitness Jeremy
9:30am – 10:30am Senior Aqua Aerobics Kendra		10:00am – 11:00am SilverSneakers® Kendra	9:30am – 10:30am Senior Aqua Aerobics Kendra	10:00am – 11:00am SilverSneakers® Kendra	
11:00am – 12:00pm SilverSneakers® Kendra					
			12:00pm – 1:00pm Power Hour Yoga Diane		
4:30pm – 5:15pm Kids Gym (ages 3-6) Kendra					
5:30pm – 6:30pm Aqua Aerobics Kendra	5:30pm-6:30pm Youth Karate (ages 9+ Up) S.P.M.A.A. *	5:30pm-6:30pm Youth Karate (ages 9+ Up) S.P.M.A.A. *	5:30pm-6:00pm Little Ninjas (ages 5-8) S.P.M.A.A. *	5:30pm – 6:30pm Aqua Aerobics Kendra	5:30pm-6:30pm Youth Karate (ages 9+ Up) S.P.M.A.A. *
6:45pm – 7:45pm Zumba® Ashley	6:45pm – 7:45pm Yoga Megan NEW	6:45pm – 7:45pm Zumba® Ashley	6:00pm-6:30pm Little Ninjas (ages 5-8) S.P.M.A.A. *	6:30pm-7:30pm Youth Karate (ages 9+ Up) S.P.M.A.A. *	

Classes are FREE for Members and \$8 for Non-Members, unless otherwise noted. Each class is about 1 hour in length. Effective 01/09/18

* S.P.M.A.A. classes are offered by South Park Martial Arts Academy. Contact Ben Medina 719-839-0263 for registration and tuition costs.

Rec Center Hours: Mon-Fri 6am-8pm (Pool 6am-7:30pm), Sat 9am-5pm (Pool 9am-4:30pm), Sun 12pm-6pm (Pool 12pm-5:30pm)

South Park Recreation Center | PO Box 1075 | 1190 Bullet Road | Fairplay, CO 80440

(719) 836-0747 | info@SouthParkRec.org | www.SouthParkRec.org | www.facebook.com/southparkrec

Class Descriptions

Aqua Aerobics – A moderately paced class with less stress on the joints. This class can include cardio and core conditioning. Come experience the benefits of water.

Kids Gym (ages 3-6) – Safety landing and skill introduction will be the core of this class. Must be able to land on BOTH feet and FREEZE with arms and feet in proper position. Must be able to follow the class without interruption.

Martial Arts Fitness – Martial Arts Fitness Class is an aerobic and cardiovascular workout using Martial Arts technique training. All levels welcome. Bring your boxing gloves if you got ‘em!

Senior Aqua Aerobics – A low impact class for the older adult. Use it to improve your cardiovascular conditioning or even to help recover from an injury.

SilverSneakers® – A moderate/low paced class geared towards our motivated older adult population. The format includes seated or standing options and a variety of exercises to improve strength and flexibility.

STOTT PILATES® – A physical therapy solution and a fitness program. Pilates is designed to restore the natural curves of the spine and re-balance the muscles around the joints. This class is for any and all individuals wanting to strengthen their core and for those needing to rehabilitate injuries of ALL kinds.

Sunrise Spin & Stretch – Start your day off right with this high energy indoor cycling class! Choreographed to music designed to motivate and inspire, participants will burn calories, build cardiovascular endurance, and ultimately take their fitness to the next level. With an emphasis on posture and breath, we’ll pedal through hill climbs, sprints, and other challenging drills, and conclude with a relaxing cool down and mindful stretching. All levels are welcome. Remember a water bottle, hand towel, and sneakers, or clip-less road bike shoes with a 2-hole cleat system. Padded bike shorts are optional.

Yoga – A moderately paced class where a variety of pose modifications are given for students to work at all levels. All classes are designed to increase your flexibility and strength.

Zumba® – A high energy fitness program featuring dance and aerobic movements performed to Latin-based and today's hit music. The choreography incorporates hip-hop, soca, samba, salsa, merengue, reggaeton and cumbia. We tend to throw in some fun toning movements such as squats and lunges as well. If you are ready to let loose and get the party started, come dance it up!