



# Fitness Class Schedule Fall/Winter



MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY
6:00am – 7:00am STOTT PILATES® Leslie		6:00am – 7:15am Rise and Shine Yoga Gail	6:00am – 7:00am STOTT PILATES® Leslie		6:00am – 7:00am Barre Leslie		
7:00am – 8:00am Barre Leslie		7:30am – 8:30am Circuit Pilates Leslie	7:00am – 8:00am Circuit Pilates Leslie		7:00am – 8:00am Pilates Leslie		
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		
<b>NEW</b> 11:00am – 12:00pm SilverSneakers® Kendra			11:15am – 11:55am Wigglers (ages 2-4) Kendra		11:15am – 11:55am KinderGym (ages 4-6) Kendra		
			12:00pm – 1:00pm Power Hour Yoga Diane				
<b>NEW</b> 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. *		<b>NEW</b> 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 BodyFit Dave W.	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 8/21/2017  
 \* 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](https://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.

**Barre** – A high-energy and dynamic program that integrates elements of Pilates, dance, cardio and strength training. Barre classes focus on increasing strength, flexibility, stamina and dynamic stability. It truly is a program geared for everyone!

**BodyFit** – A cardio workout that combines basic weight training, range of motion, and circuit training. Improve your quality of life by becoming stronger, more balanced, healthier and happier. All levels are welcome and classes will be fun!

**KinderGym (ages 4-5)** – 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. This class is GREAT!

**Wigglers (ages 3-4)** – Play and learn about body awareness and safe gym habits. Balance and basic skills with a coordination strategy is key. Learning how to pay attention and listen to directions while in class is encouraged and expected.

**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!