



Fitness Class Schedule SUMMER 2010 NEW

South Park Recreation Center
719-836-0747

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05am	Zumba ® Latin Dance Fitness Aimee	Zumba Toning ® Wendy (Starts August 3rd)	Zumba ® Latin Dance Fitness Aimee	Zumba Toning ® Wendy (Starts August 5th)		
8:30am	Yoga Alex	Yoga Alex				
9:00am	Senior Aqua Aerobics (Mon&Thu)	Senior Aqua Aerobics (Tue&Fri)		Senior Aqua Aerobics (Mon&Thu)	Senior Aqua Aerobics (Tue&Fri)	
9:15am						Cardio Kickboxing Scott
12:00pm	Zumba Toning ® Wendy (Starts August 2nd)	Cardio Kickboxing Scott	Zumba ® Latin Dance Fitness Aimee			
1:00pm	Yoga Jennie		Yoga Jennie			
6:05pm	Spinning Megan	Toning Scott	Spinning Megan	Zumba ® Latin Dance Fitness Aimee		

Updated: July 20, 2010

Spin Classes are \$4 for Members and \$8 for Non-Members

All other classes are FREE for Members and \$6.50 for non-Members

Most Classes are 45 minutes to an hour with the exception of the Mommy & Me which is 30 minutes.

AQUA AEROBICS – An extremely low impact class to improve cardiovascular conditioning. Because of the water's resistance, water exercise also can improve your strength and flexibility, leading to better muscular endurance and balance.

CARDIO KICK BOXING – This high speed, intense aerobic workout will keep you moving and your heart pumping. Learn kicking and punching sequences while also strengthening the entire body, especially abs and buttocks.

MOMMY & ME (DADDY TOO) - With the help of Mom or Dad, this class introduces children to movement, music and rhythm, as well as body awareness and physical discipline. This class is designed to develop skills appropriate for this particular developmental age group. Emphasis is placed on fun and the development of positive self-esteem as the child enters one of his or her earliest classroom situations.

SPINNING – is an aerobic exercise that takes place on a specially designed stationary bicycle called (obviously enough) a spinning bike. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout: "You're going up a long hill now, you can't see the top yet..." During the class you vary your pace -- sometimes pedaling as fast as you can, other times cranking up the tension and pedaling slowly from a standing position. This helps you to focus inwardly and work on your mind as well as your body.

YOGA – Yoga is one of the safest and most ancient forms of body movement, with several different approaches to its teaching and practice. This Yoga class concentrates on a flowing synchronization of breathing and movement to promote a strong, flexible body and a calm mind. Most postures include modifications, making the class suitable for all levels from beginners to intermediate.

ZUMBA®, SENIOR ZUMBA, TEEN AND KIDS ZUMBA - Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. This salsa-based aerobics class is fun and easy to do. No dance experience required! Add some spice and flare to your workout and shake your cha-cha!

ZUMBA® TONING - While a regular Zumba class is exciting and fun a Zumba toning class adds another dimension to the Zumba party. This class takes the original dance/fitness class to an entirely different level. This class is a breakthrough muscle shaping system with the use of light weights (1 to 3 pounds). In a very short period of time this workout will help you build coordination, muscular strength and reshape your body.