

# Spring at the RECC

## Group Exercise Programming

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6:15AM	BOSScamp w. Laura			Spin w. Robyn		8:15	Pound w. Tammy
9:15AM	Zumba Tone w. Heidi	Silver Stong w. Heather	Zumba w. Heidi	Barbell BOSScamp w. Laura	Stength w. Laura	9:30	Zumba w. Tammy
10:30AM	Yoga w. Hyesun	Spin and Core w. Heather	Senior Fit w. Laura	Gentle Yoga w. Laura	Bosu Blast w. Laura	<p><b>Did you know that group exercise classes are included with your RECC membership?</b></p> <p><b>A great way to hit your fitness goals, connect with others and have fun while getting healthy!</b></p>	
12:15PM	BOSScamp w. Heather (45 mins)	Full Body Burn w. Heather (45 mins)	Cardio Kick and Core w. Laura (45 mins)	Spin w. Heather (45 mins)	War w. Joel (45 mins)		
4:30PM	Spin w. Robyn (50 mins)	Zumba w. Hema (50 mins)	Stength w. Robyn (50 mins)				
5:30PM	Pound w. Tammy (50 mins)	Barbell BOSScamp w. Laura (50 mins)	Spin w. Heather (50 mins)	Zumba w. Tammy (50 mins)			
6:30PM	Strength w. Tammy	Yoga w. Hyesun	BOSScamp w. Heather	Strong w. Tammy			

**Barbell BOSScamp** - An overall body workout using an adjustable barbell, dumbbells and body weight. Guaranteed to make you sweat!

**BOSScamp (Becoming Our Strongest Selves)** A fast-moving class meant to kick your cardio system into high gear with athletic drills, muscle conditioning, and core training - All in one place!

**Bosu Blast** - An overall body workout using a BOSU to challenge balance and stability while doing cardio and strength exercises

**Cardio Kick and Core** - High intensity cardio kickboxing with core and lower body strength mixed in.

**Full Body Burn** - A Full Body workout that is sure to kick your butt into gear!

**YOGA** - A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility.

**POUND** - Sweat, sculpt and ROCK your body with a workout combining cardio & strength to tone your lower body, sculpt your upper body, and define your abs.

**SENIOR FIT** - Designed for adults aged 55 and up featuring low impact cardio, strength, flexibility and balance training.

**SILVER STRONG** - For those who enjoy exercising in a group setting with a social aspect to make it fun! Includes a mix of strength, cardio and core workouts.

**SPIN + CORE** - A class that starts out on a stationary bike and ends with core exercises. A great way to burn calories and strengthen your core!

**SPIN** - A high-energy cardio work out on a stationary bike that burn calories, and sends your fat-burning systems into overdrive. Set to music, it will be the ride of your life!

**STRENGTH** - A total body workout using barbells, free weights, tubing, stability balls, and body weight. A great way to target and tone all of the major muscle groups; for all fitness levels.

**STRONG by ZUMBA - PUSH YOUR LIMITS!** A high-intensity workout led by music to motivate you to crush your ultimate fitness goals.

**WAR** - Become armed & dangerous with this exhilarating total body workout that combines cardio and strength using punches and kicks.

**ZUMBA TONE** - A class combining body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Hard work while having fun!