



# Spring into Fitness

Fitness Classes at Simon Recreation Center  
Spring 2017, Jan 23 to May 5

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**20 / 20 / 20** – 20 minutes of cardio, 20 minutes of strength training and 20 minutes all core and abs training. You'll be surprised and amazed at the variety. Every class is different.

**Cardio Core** – Cardio core combines high energy movements including Pilates, toning, stretching, dance and core strengthening while using both aerobic and stability balls, light weights, and aerobic bands. Come join this fun fitness class to improve your balance, strength and flexibility. You won't regret it!

**High Intensity Interval Training (H.I.I.T.)** - A workout that alternates between intense burst of activity and fix periods of rest. This class will offer a great cardio workout, a variety of exercises and formats, and different options for a variety of fitness levels. This class will help you increase your overall fitness level while breaking a sweat and burning calories.

**Power Yoga** – With its roots in Ashtanga Yoga, this class moves quickly. Power Yoga is definitely an intense workout that will make you sweat. Power Yoga classes move with quick rhythm through the series of poses. Once in a pose, you'll quickly be out and moving on to the next asana. In Power Yoga you lift and hold your entire body's weight. These classes incorporate a serious number of Vinyasas, and they're definitely going to get your entire body into gear. This class builds strength, stamina, balance and flexibility.

**Spinning** – The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program!

**Total Conditioning** - Are you looking for a rewarding alternative to the typical exercise class and an exhilarating way to get in shape? Well, this is the class for you. This class will increase your stamina, flexibility & endurance by offering strength training, core work and (if you're looking for it) weight loss. Every piece of exercise class equipment will be used, including kettlebells and your body weight. Customized for ALL fitness levels. Come and have fun with us!

**Vinyasa Yoga** – This dynamic style of yoga is also commonly known as “flow,” as it involves smooth and conscious movement from one pose to another. Vinyasa yoga is a beautiful form of yoga that unites breath with movement while also incorporating balance, strength and flexibility. Vinyasa Yoga is magnetic, drawing countless yogis to discover strength, joy, freedom, and transformation.

**Yoga Stretch** - Reduce stress with this re-discovered ancient form of exercise and meditation, which focuses on flexibility, strength, balance and serenity. Movement of the breath through the various positions helps increase your mind/body connection. This class follows many traditional poses and series but also incorporates a few new twists and maybe even a foam roller. You'll always leave feeling calm but with an extra little skip in your step!

**Zumba** - This dynamic fusion of cardio dance workout with international and hip hop beats will tone your total body. You'll shape up in this fun and easy class that combines high energy and motivating music with unique moves and combinations.

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**Intro to Salsa** –Spice up your life! This class is hot and full of exotic Latin flavor. Learn the steps and styling of the hottest Latin dances. In addition to footwork, we will focus on connection, technique, and lead/follow skills. These patterns can be led socially at any salsa club around the world! Bring a partner or come alone but be ready to sweat! Singles welcome!

**Merengue y Bachata** - Ready to take a trip to the Caribbean Sea? Having originated in the Dominican Republic, this two-step pattern allows partners to explore unconventional hand techniques and flares. Huge emphasis on styling is to be expected. For the second half of the semester, there will be a *romantic* turn of events. Bachata, an eight step count from the same country, will take center stage. A significant amount of time will be spent on how to communicate with subtle changes in your posture. Body language is key. No knowledge of Spanish is needed.



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## Fitness class schedule by class name

20 / 20 / 20	Wednesday	6:30p	MPR #1
Cardio Core	Tuesday	4:00p	MPR #2
Cardio Core	Friday	12:30p	MPR #2
HIIT	Monday	6:30p	MPR #2
HIIT	Thursday	6:30p	MPR #2
Intro to Salsa	Wednesday	5:15p	MPR #2
Merengue y Bachata	Wednesday	6:30p	MPR #2
Power Yoga	Tuesday	4:30p	Mind /Body
Power Yoga	Wednesday	4:30p	Mind /Body
Spinning	Monday	5:30p	Spin Studio
Spinning	Tuesday	6:30 A	Spin Studio
Spinning	Thursday	6:30 A	Spin Studio
Spinning	Thursday	5:30p	Spin Studio
Total Conditioning	Wednesday	5:15p	MPR #1
Vinyasa Yoga	Tuesday	5:45p	Mind /Body
Vinyasa Yoga	Wednesday	5:45p	Mind /Body
Yoga Stretch	Wednesday	Noon	Mind /Body
Zumba	Monday	5:15p	MPR #1
Zumba	Tuesday	5:00p	MPR #1
Zumba	Thursday	7:30p	MPR #1

### No classes

Mon Mar 13 to Fri Mar 17 – Spring Break  
Wed Apr 12 to Mon Apr 17 – Easter Break

If you have any questions or comments regarding fitness classes, please contact Glen Kemper,  
Fitness Programs Coordinator at 977-3969.