

# HOOVER

# RECREATION CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
5:30 CYCLE Tracy	5:30 CYCLE Valerie	5:30 CYCLE Laurie M.	5:30 CYCLE Valerie	8:30 ADVANCED STEP Beth AR	9:00 CYCLE Suki	
8:30 CYCLE MaryBeth	8:30 CYCLE Christine	8:00 YOGA Gay Horizon Room	8:30 WATER FITNESS Pam Pool	8:30 WATER FITNESS Pam Pool	8:45 WEEKEND WAKE-UP Gay AR	
8:30 WATER FITNESS Pam Pool	8:30 WATER FITNESS Beth Pool	8:15 SENIOR PILATES Senior Center	8:30 REFIT Tresa/Beverly AR	8:30 ADVANCED EXERCISE Senior Center	10:00 ZUMBA/REFIT Pam/Beverly AR	
8:30 Cardio-Pump, Plyo, Resist Gay AR	8:30 ZUMBA Pam AR	8:30 WATER FITNESS Penny - Pool	8:30 CYCLE Cindy	9:35 YOGA CORE CHALLENGE MaryBeth AR	10:15 YOGA Suki Horizon Room	
8:30 ADVANCED EXERCISE Senior Center	8:45 YOGA Stacy Horizon Room	8:30 M.A.X Cindy AR	9:35 BODY SCULPT MaryBeth HR	9:40 BEGINNER EXERCISE #1 Senior Center		
9:15 PILATES Stephanie HR	9:45 BODY SCULPT Beth AR	9:15 PILATES Stephanie HR	10:30 TONE, BALANCE STRENGTH-Sr. Center	10:30 BEGINNER EXERCISE #2 Senior Center		
9:40 BEGINNER EXERCISE #1 Senior Center		10:15 BEGINNER #1 Senior Center		11:00 CYCLE Laura / Cindy		
10:30 BEGINNER EXERCISE #2 Senior Center		11:00 BEGINNER #2 Senior Center				
10:30 CYCLE Christine		11:00 CYCLE Laura F.				
<b>AFTERNOON / EVENING</b>						
1:30 ZUMBA GOLD Senior Center	3:00 Intermediate Exercise Senior Center	1:30 ZUMBA GOLD Senior Center	3:00 Intermediate Exercise Senior Center			3:00 CYCLE Theresa / Tracy
4:30 HUSTLE THE MUSCLE Suki AR	4:30 CYCLE Penny	2:50 TAI CHI Senior Center	5:00 ABS Randy AR			Every Mile Counts Suki outside-see back for details
5:30 ZUMBA Suki AR	5:00 ABS Randy AR	5:00 B.L.A.S.T. Margaret AR	5:30 FINAL CUTS Randy AR			
5:45 PILOGA Paige Horizon	5:30 FINAL CUTS Randy AR	6:00 CYCLE Suki	4:30 Every Mile Counts Suki outside-see back for details			
6:00 CYCLE Grace	6:35 REFIT Beverly AR	6:00 Rev + Flow Tresa / Beverly AR	6:00 CYCLE Penny			
6:30 TOTAL BODY CHALLENGE Suki AR		6:00 YOGA Paige Horizon Room	6:35 REFIT Beverly AR			

First Floor Activity Room (AR) Cycle Room Horizon Room  
 Jamie Foster Fitness Manager  
 205.444.7656 jamie.foster@hooveralabama.gov

**GROUP FITNESS SCHEDULE**

# HOOVER RECREATION CENTER

# GROUP FITNESS CLASS DESCRIPTIONS

<b>ZUMBA</b> This class combines Latin music with salsa, merengue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area. Come join the party!	<b>ABS</b> This class is designed to tone and strengthen the abdominal area. Instructors will take you through <b>30 minutes</b> of solid abdominal work that guarantees to bust your gut.
<b>WATER</b> This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.	<b>M.A.X.</b> A Maximum Aerobic Expenditure class designed to burn maximum calories by combining a hi-lo impact aerobic class with intervals of strength training.
<b>EVERY MILE COUNTS</b> Beginners as well as people that have already completed a 5K can look to a 10K or half as the next step! This class will carry those from even the couch to the start line and across the finish line too! You will start walking / running from where your current fitness level is now and build up slowly so you will enjoy the journey. <b>For info call Suki at 205-617-1588 or email <a href="mailto:sukiakins@yahoo.com">sukiakins@yahoo.com</a>.</b>	<b>ADVANCED STEP</b> Come and burn some calories with this fun class. This hour consists of a <u>high choreographed</u> class with an advanced sequence of movements of motion and form on the step.
<b>REV + FLOW by Zumba</b> REV+FLOW is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music. All fitness levels welcome!	<b>B.L.A.S.T. (butt, legs, abs, sweat, &amp; tone)</b> Class will focus on strengthening the entire body through a series of core training, sculpting, and cardio intervals.
<b>FINAL CUTS</b> This unique class of science-based body sculpting techniques will combine weights, rubber resistance, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.	<b>PILOGA</b> This 75 minute class is the combination of Pilates and yoga to build strength and tone your muscles while improving flexibility and fostering mind and body harmony. Classes tend to start off with Pilates exercises, then move to yoga positions, then finish with extra core work.
<b>CYCLE</b> An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time. Please be early or on time or also.	<b>PILATES</b> Fitness based <u>(75 minutes daytime class)</u> mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.
<b>REFIT</b> This is a "one size fits all" kind of fitness class. Cardio. Toning. Flexibility. Balance. Stretching. You'll get it all with this total body workout while experiencing exhilarating energy and enjoying rockin rhythms.	<b>TAI CHI</b> Tai Chi is a mind body exercise that is easy on the joints and produces a plethora of health benefits
<b>TOTAL BODY CHALLENGE</b> This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!	<b>ZUMBA GOLD</b> Zumba Gold is a less intense version of original Zumba. This class is designed for beginners and older adults using modified movements.
<b>YOGA</b> This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.	<b>BODY SCULPT</b> Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.
<b>SENIOR EXERCISE I (Beginner Exercise)</b> This class features stretching exercises, low impact aerobics, and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE).	<b>YOGA CORE CHALLENGE and POWER YOGA</b> Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. During class you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.
<b>HUSTLE THE MUSCLE</b> A 45 minute strength and resistance class in a circuit format. Will be a great full body workout.	<b>YOGA (Saturday morning)</b> Great class for beginners and intermediate level! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.
<b>WWW (Weekend Wake Up Workout)</b> This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!	<b>CPPR (Cardio – Pump, Plyometrics, and Resistance)</b> This class includes high/low impact aerobics, step, core, and muscle conditioning.
<b>TONE, BALANCE, &amp; STRENGTH</b> Good compliment to SENIOR EXERCISE I and II for any senior. An intermediate class for various levels of ability. (NO ADMITTANCE ONCE DOORS CLOSE).	<b>SENIOR EXERCISE II (Advanced Exercise)</b> This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are encouraged to bring a towel and wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE). <i>*If you are a new participant you must meet with the instructor prior to the class beginning to go thru an orientation.</i>
<b>SENIOR INTERMEDIATE EXERCISE</b> This class is a combo of cardio and strength training using weights or exercise bands.	