



Recreation Center Group Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.			Chair Yoga <i>Tammy</i>			No Classes on Saturday
10:00 a.m.		Yoga 6 Week Series <i>Heidi</i>				
12:45 p.m.		CST <i>Mary</i>		CST <i>Mary</i>	CST <i>Mary</i>	
5:15 p.m.	CST <i>Mary</i>		Yoga <i>Liz</i>	Cycling <i>Mary</i>		

***All classes FREE to students and members**

Class Descriptions

Chair Yoga: Alternative to traditional mat yoga, in which all postures and exercises are done on a chair or using chair support. It is designed for those that have difficulty getting up and down from the floor or who have balance, flexibility issues, or specific joint issues. Chair Yoga brings health benefits of yoga to *everybody*, emphasizing a gentle approach to strength, toning and balance enhancement.

CST (Cardio Strength Training): Exercise muscles and joints together through movements that aid in the ease of everyday activities. Designed to enhance strength, coordination, range of motion and endurance.

Cycling: Class that focuses on endurance, strength, intervals, high intensity and recovery that involves using a stationary bicycle with a weighted flywheel in a classroom setting, combined with other bodyweight movements to enhance functional fitness.

Yoga: Yoga can help stretch, tone, and strength the body with relaxing meditation. A proven stress reducer, this class is for all ages.