

Fitness Schedule – July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	Drum & Pump (Alice) Skip 7/1				Drum & Pump (Alice) Skip 7/5	
8 AM					Boot Camp (John)	TRX (Beth R.)
9 AM	Cycling (Cindy)	PIYo (Missy)	Cycling (Cindy)	Boot Camp (Cindy)*	Strength Training (John)	Cycling (Beth R.)
		Boot Camp (Cindy)			Pilates Strength (Georgina)	Anything Goes (Tierney)
9:15 AM						Drum & Pump (Alice) Skip 7/6
10 AM	Indoor Walking Club	Core and More (Missy)	Weights (Cindy)	Cardio Power Sculpt* (Julie)		Zumba (Kelly)
	Weights (Missy)					
11 AM	Barre (Missy)		Tai Chi (Denise)- Starts 7/10		Yoga Stretch (Georgina)	
	Cardio Tennis (Chris)		Cardio Tennis (Chris)			
4:30 PM	Mat Yoga (Sue)	Cardio Power Sculpt (Julie)				
5:30 PM	Cycling (Tierney)			Cycling (Connie)*		
6 PM		Weights (Beth B.)	All Level Yoga (Emily)	Weights (Beth B.) *		
6:15 PM		Zumba Toning (Kelly)	Drum & Pump (Alice)	Zumba (Kelly)*		
6:30 PM	Balance & Burn (Tierney)			Tai Chi (Denise)- Starts 7/11		
7:15 PM	Cardio Kickboxing (Gary)		Cardio Kickboxing (Gary)			

Ages 14+. Classes not included with membership. Schedule is subject to change. * No class on July 4TH

Soccer Field
Cycling Room

Fitness Room A
Fitness Room B

Fitness Room C
Fitness Room D

Community Room
Fitness Floor Track

Tennis Court



**MENTOR COMMUNITY
RECREATION CENTER**

TRX - Suspension Training uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The best thing is that all fitness levels can participate because you're in control of how much you want to challenge yourself on each exercise. Simply change your body position to add or decrease resistance.

Pilates Strength - Pilates Strength is a whole-body workout with controlled movements targeting specific muscle groups. Very effective to trim the waistline, sculpt the abdominal muscles, while developing a slimmer, stronger physique.

Anything Goes - Each class is different but always includes strength and cardiovascular conditioning. Classes will range from HITT, functional training, circuit training, mobility work, kickboxing and anything in between. Classes can be challenging but options and modifications are always offered.

Zumba - Zumba is a fusion of Latin and international music/dance themes that create an exciting, dynamic class based on the principal that a workout should be "Fun and Easy to Do." The routines feature an aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance your way to a fitter and healthier you!

Barre - Barre incorporates low-impact, high-intensity and dynamic movements inspired by elements of aerobics, yoga and Pilates. Focus will be on improving balance, flexibility and muscle strength and endurance.

Core and More - This class will improve functional strength for daily activities while using Pilates-type exercises that will tighten, tone, as well as focus on strengthening abdominals, back, hips and glutes.

Balance and Burn - Using light weights and bodyweight, this weight training class will focus on strengthening the body through balance and mobility work. These workouts can be adjusted for extremely fit to novice participants.

Drum & Pump - Drum & Pump consists of an amazing full body cardio drumming mixed with strength training using light weight dumbbells in between songs. Drum & Pump will consist of 8 cardio songs and 8 light dumbbell exercises, this could vary depending on the exercises.

Cardio Drumming - Cardio Drumming is a low-impact workout that people of all fitness levels can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improves coordination.



Zumba Toning - This class combines the basic cardio moves of Zumba with body sculpting exercises using toning sticks. The toning sticks are light weight maraca-like dumbbells.

Yoga Stretch - These flowing continuous stretches and relaxed postures combined with deep breathing will bring restorative energy and serenity to your body and mind.

Cardio-Power Sculpt - Elevate your fitness at any level while doing carefully crafted routines that will enhance your cardiovascular fitness, endurance levels, build strength and sculpt muscles. Workouts will range from heart pumping circuits, HIIT training routines, body weights exercises as well as incorporating various forms of weights.

All Levels Yoga - Connect your mind and body by learning yoga postures and intentional breathing practices to build strength and promote relaxation. This class is appropriate for beginners or for those with previous yoga experience.

Vinyasa Basic - is a harmonious blend of movement and breath. Join us as we explore the fundamentals of yoga through fluid sequences and mindful breathing. Our class offers a sanctuary to nurture your body, calm your mind, and awaken your spirit.

Power Vinyasa - Experience the electrifying energy of our Power Vinyasa Yoga class. Through dynamic flows and powerful poses, you'll ignite your strength, balance, and resilience. Join us for a session that will push your limits and awaken your inner warrior.

Yin Yoga - Deep stretching, mindful breathing, and profound relaxation. In this gentle yet powerful practice, seamlessly weave together long-held poses with conscious breathwork, allowing you to sink into each posture, unravel tension, and explore the subtle nuances of your body and mind. Through the art of holding poses for extended periods, you'll discover a profound sense of release and renewal, nurturing both your physical and mental well-being. Surrender to the stillness, finding peace as we build a mind and body that will be resilient both on the mat and beyond. Modifications for poses will be offered.

Mat Yoga - Enhance your flexibility, strength and balance with a combination of sun salutation, balance and warrior pose. Class will include seated and standing poses, finishing with relaxation.

Boot Camp - This advanced class is designed to challenge participants. Classes will incorporate body weight exercises, calisthenics, free weights, High Intensity Interval Training (HIIT), running and other training aids. This course will help improve your cardio fitness, increase your stamina and add strength and muscle.