

Fitness Schedule - May

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	***Drum & Pump (Alice)	Cardio Drumming (Alice)				
8 AM					Boot Camp (John)	TRX (Beth R.)
9 AM	Cycling (Cindy)	Boot Camp (Cindy)	Cycling (Cindy)	Boot Camp (Cindy)	Strength Training (John)	Cycling (Beth R.)
					*Pilates Strength (Georgina)	Anything Goes (Tierney)
10 AM	Weights (Missy)		Weights (Cindy)			**Zumba (Kelly)
11 AM	Barre (Missy)		Core and More (Missy)		*Yoga Stretch (Georgina)	Cardio Drumming (Alice)
4:30 PM		Cycling (Stacey)				
		Cardio Power Sculpt (Julie)				
5 PM		Barre (Missy)				
5:30 PM	***Cycling (Tierney)			Cycling (Connie)		
6 PM		Zumba Toning (Kelly)	Drum & Pump (Alice)	Weights (Beth B.)	Drum & Pump (Alice)	
		Weights (Beth B.)	All Level Yoga (Emily)	Zumba (Kelly)		
6:30 PM	***Balance & Burn (Tierney)					
7:15 PM	***Cardio – Kickboxing (Gary)		Cardio – Kickboxing (Gary)			

*Georgina's classes start May 24th. ** Zumba May 25th No class. *** No class due to Memorial Day Ages 14+. Schedule is subject to change.

Soccer Field Tennis Court Cycling Room

Fitness Room A Fitness Room B Fitness Room C Fitness Room D



MENTOR COMMUNITY RECREATION CENTER

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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. **Weights** - Weights uses strength building exercises that will help increase muscular endurance and muscle tone while using a variety of equipment. Hand weights, ankle weights, resistance bands, resistance tubing, exercise balls, along with some floor exercises are used in this class. There will be a variety of core movements and abdominal work involved. **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. **Cycling** - A high intensity exercise class utilizing a cycling bike. This class combines basic cycling movements to create different energy zones including endurance, strength, interval, and race day zones. The classes combine inspiring music, visualization, and breathing for a true mind body experience. **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 HIIT, 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. **Strength Training** - This class incorporates barbells, dumbbells, and kettlebells to increase the level of resistance to help develop muscular strength and increase endurance. Classes will include body weight training, different agility, and balance drills, as well as interval and resistance training. Some Cross Fit and High Intensity Interval Training (HIIT) components are incorporated to help push beyond your individual comfort zone. **Balance and Burn** - Using light weights and bodyweight, this weight training class will focus on strengthening the body though 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. **Cardio Drumming** - Cardio Drumming is a low-impact workout that people of all fitness levels and all ages can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improves coordination. **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.