

FITNESS ZUMBA

ACTIVITY	DAY(S)	TIME	DATES	LOCATION	FEE
Rise and Ride	T/TH	5:30-6:30am	7/31 - 9/6	Community Room	\$24
Early Bird Conditioning Workout	M/W/F	5:30-6:30am	7/30 - 9/7	Aerobics Room	\$32
Fit Over Fifty	M/W/F	8:00-8:30am	7/30 - 9/7	Aerobics Room	\$16
Gentle Yoga	M/W/F	8:45-9:15am	7/30 - 9/7	Aerobics Room	\$16
SilverSneakers Classic	T/TH	9:00-9:45am	8/14 - 9/6	Aerobics Room	\$16
Fit Over Fifty	M/W/F	9:30-10:00am	7/30 - 9/7	Aerobics Room	\$16
PIYO	T/TH	5:15-6:00pm	7/31 - 9/6	Aerobics Room	\$24
Spin Cycle	T/TH	5:15-6:00pm	7/31 - 9/6	Community Room	\$24
Country Heat	M/W	5:45-6:45pm	7/30 - 9/5	Aerobics Room	\$22
Core De Force	T/TH	6:15-7:15pm	7/31 - 9/6	Aerobics Room	\$24
Spin It & H.I.I.T. It	T/TH	6:15-7:15	7/31 - 9/6	Community Room	\$20
Zumba	M/W	7:00-8:00pm	7/30 - 9/5	Aerobics Room	\$22

RISE AND RIDE!

Instructor: Aritha Paris

Kick-start your morning and bike indoors with this high-energy workout packed with a variety of drills, music and coaching cues. Rise to the challenge in this eye-opener spinning class that accommodates all levels.

EARLY BIRD CONDITIONING WORKOUT

Instructor: Aritha Paris

This early morning class does it all to get you up and moving. It focuses on strength/resistance and core development with foundational movements. It allows each participant to choose the level of intensity. Each workout is different but is a balance between upper and lower body strengthening. No matter what level of fitness...the mix up of routines will give you a workout experience like no other.

FIT OVER FIFTY

Instructor: Aritha Paris

This class includes balance, muscle strength, and core conditioning. Whether standing performing rhythmic exercises or on the floor for conditioning and stretching, the variety each day will keep you coming back for a workout with different benefits.

GENTLE YOGA

Instructor: Aritha Paris

Yoga is an excellent way to improve flexibility and balance with a focus on breathing. Each workout is different and comprised of simple fluid exercises that keep you moving and relaxed. Each class incorporates basic pilates and tai chi moves for improving energy and mental focus. All equipment is provided.

SILVERSNEAKERS CLASSIC

Instructor: Julie Mignone

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

PIYO

Instructor: Alisha Barajas

Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean and incredibly defined. With some modifications PiYo is great for every fitness level!

SPIN CYCLE

Instructor: Molly Jones

Come try this new high energy workout incorporating a combination of indoor cycling and calorie blasting body sculpting. We will begin on the bike for a 30 - 40 minute workout followed by off the bike ab workout. This class is designed to raise your heart rate and tone your body.

COUNTRY HEAT

Instructor: Callie Colgin

Want to go out dancing but don't feel confident just yet? Have no fear, with this cardio dance fitness class set to country music, will have you ready in no time. The moves are simple and easy to learn so anyone at any age can feel confident out on the dance floor or in their own home. If you want to get a great workout in without actually feeling like you are working out, this is the class for you.

CORE DE FORCE

Instructor: Callie Colgin

Are you ready to feel like a brawler? Then join this HIIT MMA-inspired total body workout with interval training and core conditioning. The choreography is based on authentic Boxing, Kickboxing, and Muay Thai moves. This class is non-contact, requires no equipment, and is designed for anyone at any age.

SPIN IT & H.I.I.T. IT

Instructor: Sally Pipes

Class will start with a warm-up followed by a 20-minute challenging ride. After the ride we will have a 20-minute H.I.I.T. circuit and conclude with a core burn out. This is a high intensity workout.

ZUMBA

Instructor: Luz John

Join the Party!! The Zumba® program fuses hypnotic Latin rhythms and Hip Hop with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Drop-Ins are Always Welcome! Buy a coupon for \$3 in the WRC Office or the Fitness Center prior to class.

**Registration Begins
Wednesday, July 18th
at 8:00am!**