

Group Exercise Schedule

November 4 , 2019 - February 1, 2020 (Subject to change)

Class START TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	TIME:	Saturday	Sunday
6:00 AM	Cycle with Cherie	Total Body FIT Yolanda	Cycle with Cherie	Total Body FIT Yolanda	Cycle with Cherie			
7:00 AM		Yoga Ease Roxanne		Gentle Strength & Stretch Hatha Yoga	7:30 start time 50 Minute Stick Fit Mwandani &Cherie	8:15 AM	Zumba® Mwandani	
8:30 AM	Zumba® Rose	Pilates Lori	Zumba® Rose	Shape It Up Lori	Pilates Lori	9:15 AM	Abs Glutes Thighs Jeanie	
9:30 AM	Forever Young Lori	Fat Blaster Lori	Zumba Gold® Lori	Brain,Bone & Balance Karen	Zumba Gold® Lori	10:15 AM	CRC Yoga	
10:30 AM	Silver Sneakers® Classic Yolanda	Silver Sneakers® Yoga Karen	Silver Sneakers® Classic Mwandani	Silver Sneakers® Yoga Karen	Silver Sneakers® Classic Karen	<p>= Free to all members brought to you by</p>  <p>Please sign in at the front desk for all classes.</p> <p>Please see class descriptions on reverse side.</p> <p>A Minimum of 8 participants is required for class to be held.</p>		
11:30am								
4:45 PM			Zumba® Rose					
5:15 PM	Zumba® Rose	Yoga,Inner Strength Roxanne	—	Yoga Ease Terrilyn				
5:45 PM	—	—	Hard Core Abs Jeanie 25 min	—				
6:15 PM	H.I.I.T. Jeanie 25 min	Zumba® Rose	H.I.I.T. Jeanie 25 min	Zumba® Rose				
6:45 PM	RIPPED X Jeanie 25 min	—	RIPPED X Jeanie 25 min	—				
7:15 PM	Yoga Jeanie	Boot Camp Jeanie		EVOLVE Jeanie				

The Cottonwood Recreation Center reserves the right to cancel or change a class if minimum participation is not met.”

All classes are 50 minutes of instruction unless otherwise noted.



**150 S. 6th Street
Cottonwood, AZ 86326
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Class description– 50 minute classes unless otherwise noted

Free to Members

Abs, Glutes & Thighs - Jeanie Swesey

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs– 25 minutes) Second half hour focuses on legs; outer thigh, inner thigh & glutes. Great for the ladies!

H.I.I.T. (Where you win and fat cries) Jeanie Swesey

Get ready to sweat. 25 minutes of High Intensity Interval Training (H.I.I.T.) utilizes a series of exercises at maximal intensities. This is where results are made, nuff said. Monday and Wednesdays from 6:15 - 6:45 p.m.

R.I.P.P.E.D. X (For an Xtreme workout) Jeanie Swesey

25 minutes of Resistance based (Free weights), Interval powered (Not for the light hearted), with plyometrics (For Xtreme results).

Boot Camp - Jeanie Swesey

Burn lots of calories while working the whole body in a fun and efficient class.

Pilates - Lori Maine

A total body workout to reshape and tone to look longer and leaner by using simple-yet effective techniques. Great for any age or fitness level to increase flexibility, flatten abs and improve your posture.

Shape it Up - Lori Maine

Resistance is the name of the game to acquire the taut, lean look of well-defined muscles. This 55 minute weighted routine works all the major muscle groups in your body - sculpting legs and tightening buttocks, sculpting and strengthening arms and upper body, and targeting the midsection with dynamic abdominal exercises.

SilverSneakers® Classic - Yolanda Mier (Mon), Mwandani Jones (Wed),

& Karen Runyon (Fri). Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Free to all members.

SilverSneakers® Yoga - Karen Runyon

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Free to all members.

SilverSneakers® Cardio - Karen Runyon

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Chair and Yoga use are up to the individuals taking the class. Free to all members.

Total Body FIT - Yolanda Mier

A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body.

EVOLVE - Jeanie Swesey

This class is an all over body sculpting class. This class will shape you, tone you, increase your strength, balance, and flexibility while burning lots of calories. Evolve your form to a stronger, more confident you!

Fat Blaster - Lori Maine

Burn those calories with this up-tempo, hi-low impact aerobic workout guaranteed! Take it back to basics, there are no gimmicks, just easy to follow routines that are pure movement and pure sweat!. This program welcomes people from all walks of life regardless of shape, size or ability. This workout is created to have an environment that is non- competitive and non - judgmental.

Free to Members

Forever Young– Lori Maine

This is a specialized fitness class for older adults. Class consists of low impact, weight-bearing chair and standing exercises using resistance bands and light weights. It is excellent for people with Osteoporosis, Fibromyalgia, Arthritis, Post-Polio Syndrome, COPD and other conditions that may keep you from exercising. Gain strength and improve balance, range of motion and coordination.

Yoga Ease –Roxanne & Terrilyn Experience a joyful expression of breath, movement and deep relaxation as we create alignment, strength and balance in a gentle, soothing practice. This class is suitable for all levels.

Gentle Strength & Stretch Hatha Yoga -Terrilyn Green

This class uses a combination of Vinyasa Flow (breath coordinated with movement), classic hatha (Sanskrit language for sun/moon-balance), postures and breath to increase flexibility, strength, balance and to attain an ease of mind. This class is for all levels.

CRC Yoga - Rotating Instructors

This Yoga class is for all levels. Emily, Jeanie, and Roxanne's classes offer restorative yoga poses and deep breathing exercises. Prepare for a complete body and mind relaxation and distress from everyday pressures.

Yoga Inner Strength - Roxanne Wessel

A slow, deep variety of yoga postures coordinated with the breath to build strength, release chronic tension patterns and relax the mind. This class is suited for all levels of students.

Yoga– Jeanie

This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure. Beginning by gently warming up the body, moving into balancing, classic sun salutations, various Hatha style yoga postures, and cooling down with stretching and relaxation. This class includes modifications for different levels and is suitable for beginners and intermediate students.

Peaceful Flow– You'll be guided through postures in a slower Vinyasa style, beginning with the basic poses, but allowing for more challenging poses based on your practice level. Props may be utilized to allow the body to fully achieve each pose comfortably. This is a great class for students who are new to yoga or those who prefer a quieter pace, yet still have the option to take it to the next level. This class is designed for beginners through intermediate students.

Zumba® - Rose Ortiz, Mwandani The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

Zumba® Gold - Lori Maine - A low impact, fun fitness party for the active older adult or those whose special physical needs require moderate intensity.

Brain,Bone & Balance– Karen Runyon -Lack of movement, NOT AGE, causes muscle weakness, loss of bone density and thus balance difficulties. Exercise is the key to a clear, responsive brain promoting a healthy, strong and well balanced body. This class challenges participants by using multifaceted movements, balance postures, resistance tools and mind exercises. Exercise the body to exercise the mind. Everyone works at their own fitness level. It's never too late!

Stick Fit– 7:30am - Mwandani & Cherie - A 50 minute drumstick workout with awesome people and music! Burn calories, tone, and groove with this class. Inspired by the sweat-dripping, energizing fun of drumming! This is a full body cardio session with drumsticks. If you like to have fun while you work out, you need this class in your life.

Cycle with Cherie - Cherie Cooper A low impact fitness activity for people of all ages and fitness levels. Get ready for fun and encouragement while benefitting from a great workout.