

Group Exercise Schedule

March 1– May 31 (Subject to change)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------------------------------|---|--|---|---|----------|-----------------------------------|
| 6:00 AM | Cardi-Yo <i>Yolanda</i> | Total Body FIT <i>Yolanda</i> | Spin <i>Kevin</i> | Total Body FIT <i>Yolanda</i> | Spin <i>Kevin</i> | | |
| 7:00 AM | | Yoga <i>Mira Bai</i> | | Yoga <i>Mira Bai</i> | | 8:15 AM | Zumba® <i>Rose</i> |
| 8:15 AM | | Pilates <i>Lori</i> | | Shape It Up <i>Lori</i> | | 9:15 AM | Abs Gluts Thighs <i>Jeanie</i> |
| 8:30 AM | Zumba® <i>Rose</i> | | Zumba® <i>Rose</i> | | | 10:15 AM | Yoga <i>Elissa</i> |
| 9:15 AM | | | | Forever Young <i>Lori</i> | | 11:15 AM | Total Body FIT <i>Yolanda</i> |
| 9:30 AM | Forever Young <i>Lori</i> | | Zumba Gold® <i>Lori</i> | Goof & Giggle <i>Sharon</i> | Trim & Tone <i>Lori</i> | | |
| 10:30 AM | | Silver Sneakers® MSROM <i>Karen</i> | | Silver Sneakers® YogaStretch <i>Karen</i> | Silver Sneakers® MSROM <i>Karen</i> | | |
| 2:00 PM | | | | | | | |
| 3:00PM | ZumbAtomic <i>Rose</i> (3:30) | | | | | | |
| 4:00 PM | Kids Jazz Dance <i>Carla</i> | | Hard Core Abs <i>Jeanie</i> (4:30) | | CTM™ Training for Kids <i>NAMC, Inc</i> | | |
| 5:00 PM | EnerJeanie <i>Jeanie</i> | Yoga <i>Sara</i> | EnerJeanie <i>Jeanie</i> | Yoga <i>Elissa</i> | Zumba® <i>Yolanda/Sara</i> (5:30pm) | | |
| 6:00 PM | Yoga <i>Mira Bai</i> | Zumba® <i>Rose</i> | Yoga <i>Mira Bai</i> | Zumba® <i>Rose</i> | | | |
| 7:00 PM | Zumba® <i>Rose</i> | Boot Camp <i>Jeanie</i> | Zumba® <i>Rose</i> | Total Body Tone <i>Jeanie</i> | Reiki <i>Tara</i> (6:30p-9:00p) | | |
| 8:00 PM | | Spin <i>Anita</i> | | | | | |

- = Free to Members
- = Discounted \$2 for Members, \$8 for Non-Members
- = Free brought to you by
- 
- = Instructor pricing

Please sign in at the front desk and get a number for each class.

Please see class descriptions on reverse side.



150 S. 6th Street
Cottonwood, AZ 86326
928.639.3200
cottonwoodaz.gov/parksrec

Class description

Free to Members

Abs, Gluts & Thighs– Jeanie Swesey

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

Aerobics “EnerJeanie”– Jeanie Swesey

Fun aerobics class for teens, adults, men and women. Get fit in a high energy class that anyone can step into.

Boot Camp– Jeanie Swesey

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

Cardi-Yo– Yolanda Mier

Kick start your Monday morning with a fun energetic cardiovascular group fitness class. Dance, sweat, laugh and get your heart rate up with Yolanda.

Forever Young– Lori Maine

A specialized fitness class for older adults consisting of low impact, weight-bearing chair and standing exercises using resistance bands and light weights.

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

A 60-minutes low impact aerobics workout combined with toning using light weights working the entire body.

SilverSneakers® Muscular Strength & Range of Movement (MSROM)– Karen Runyon

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.

SilverSneakers® YogaStretch– Karen Runyon

YogaStretch 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.

Total Body FIT– Yolanda Mier

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

Total Body Tone– Jeanie Swesey

This class is an all over body sculpting class. This class will shape you, tone you, increase your strength, while burning lots of calories.

Trim, Tone & Define your Body– Lori Maine

25 minutes of basic aerobic routine for burning fat and building cardiovascular endurance, 20 minutes of full body toning program designed for contoured results using Weights, Bands, Balls, and/or Pilates.

Free to Members

Yoga– Elissa Ballew

Vinyasa Flow style yoga focusing on breath-synchronized movement. Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on & off the mat. This class is geared toward intermediate to advanced students, but all levels are welcome.

Yoga– Sara Woosley

This introductory yoga class explores the philosophy and practice of Hatha Yoga, including breathing exercises, yoga poses and relaxation techniques. Students will become more self aware and conscious of their breath, body, and mind. An overall sense of well-being and connection will result from regular practice.

Yoga– Mira Bai Fairlight

Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and intermediate students with health challenges.

Zumba®– Rose Ortiz, Sara Woosley

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

ZumbAtomic®– Rose Ortiz

The fun, healthy, Zumba for Kids program! Ages 4-12.

Zumba® Gold– Lori Maine

A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

Discounted for Members

(\$2 for members, \$8 for non-members)

Spin– Anita Walden

Try this cardio-intensive work out on a stationary bike. Work on sprinting, power resistance, spinning techniques and stamina.

Spin– Kevin Dix

A low impact fitness activity for people of all ages and fitness levels. Get ready for fun and encouragement.

Instructor Pricing

CTM™ Training Method– Northern AZ Movement Center, Inc.

A class designed to get special needs children moving. This class builds confidence through motion one-move-at-a-time. \$2.50 per class.

Goof & Giggle– Sharen Pearson

For children 1-3 years old. Including Music Fun: Playful art Creations: Science Explore and Balls Galore! You wont believe what your Toddler can do! Contact the front desk for more information.

Kids Jazz Dance– Carla

Jazz Dance for children ages 7 to 12. Includes a warm-up, floor exercises and choreography. \$30 per month.

Reiki– Tara Mullins

Heal yourself and lose weight with the ancient art of sacred healing. \$25 per class.