

**SEPTEMBER 2022 CLAREMORE RECREATION CENTER
GROUP EXERCISE CLASSES**

MONDAY	OPEN LABOR DAY 9/5 8AM-8PM	THURSDAY	
5:30-6:15	Cycle (Lori) NO CLASS 9/5	8:45-9:45	Pilates (Jill)
8:45-9:45	Step (Sandy)	10:00-10:45	Silver Sneakers® Yoga (Rachel 9/1 9/8 9/15 9/29; Jill 9/22)
10:00-11:00	Silver Sneakers® *In Gym* (Sandy)	10:00-11:00	Boot Camp *In Gym* (Trish 9/1 9/22; Jill 9/8 9/15 9/29)
4:30-5:15	Cycle (Andy)	11:30-12:30	Dance Fitness Fusion (Rachel 9/1 9/8 9/15 9/29; Rita 9/22)
5:30-6:30	Toning/Cardio (Trish)	4:30-5:15	Cycle (Barbie)
5:30-6:30	Sculpt & Cycle (Barbie)	5:30-6:30	Yoga (Jill)
		6:45-7:45	Line Dance Fitness (Rita)
TUESDAY			
8:45-9:45	Pilates (Jill)	FRIDAY	
10:00-11:00	Boot Camp *In Gym* (Trish)	5:30-6:15	Cycle (Sarah)
10:00-11:00	Fit Happens (Rita)	8:45-9:45	Energy Extreme (Paula)
11:30-12:30	Dance Fitness Fusion (Rachel 9/6 9/13 9/27; Rita 9/20)	10:00-11:00	Silver Sneakers® *In Gym* (Marsha 9/2 9/9 9/16; Sandy 9/23; Rachel 9/30)
4:30-5:15	Cycle (Lori 9/6 9/27; Paula 9/13 9/20)		
5:30-6:30	Step (Sandy)	SATURDAY	
5:45-6:30	Barre *In Cycle Room* (Jill)	8:15-9:15	Kickboxing (Jill 9/3 9/17; Haley 9/10 9/24)
6:45-7:45	Line Dance Fitness (Rita)	8:30-9:15	Cycle (Sue 9/3 9/24; Sandy 9/10; Kendall 9/17)
		9:30-10:30	Restorative Yoga (Jill)
WEDNESDAY			
5:30-6:15	Cycle (Sue)	SUNDAY	
8:45-9:45	Energy Extreme (Rachel 9/7 9/14 9/28; Trish 9/21)	4:00-4:45	Cycle (Andy 9/4; Paula 9/11 9/18 9/25)
10:00-11:00	Silver Sneakers® *In Gym* (Rachel 9/7 9/14 9/28; CLASS CANCELED 9/21)		Videos will be played the first full week of every month. September 4 th through September 11 th .
4:30-5:15	Core (Jill)		
4:30-5:15	Cycle (Andy)		\$5/day or \$33/month unlimited classes
5:30-6:30	Kickboxing (Haley)		\$46 regular membership & unlimited classes
			Seniors pay \$15/month

GENERAL INFORMATION

In the event of severe weather or poor road conditions, the front desk will be advised of any class cancellations a minimum of 30 minutes prior to start time. If in doubt, please call! The Rec Center phone number is 918-341-4516 then dial "0". First time participants for any class should arrive 15 minutes early to complete paperwork and receive equipment/class orientation. Please allow participants in the previous class to exit before you enter the aerobics room. We welcome your comments and suggestions! Send to: Jill Moody @ jmoody@claremorecity.com

CLASS DESCRIPTIONS

BARRE: Mix elements of Pilates, dance, yoga & functional training in this class. You'll use the barre, bands & mini balls for a total body workout. Feel the burn!

BOOT CAMP: A fun cardio and muscle strengthening workout using a variety of equipment, including battle ropes, sleds & weighted bags with calisthenics to boost your calorie burn. CLASS IS HELD IN THE GYM.

CORE: Train the muscles in your lower back, hips & abdomen for better balance & stability with standing and floor exercises.

CYCLE: Cycle with us and get an amazing workout! We've added videos the first week of the month for a visual diversion while the instructor coaches your ride on scenic roads, in bike races or to music videos. Did we mention we cycle with the lights out so there is no pressure?!?

CYCLE & TONE: Burn calories & get your cardio in with a cycling workout followed by a weightlifting set to build lean muscle tone. An excellent class!

DANCE FITNESS FUSION: Can you imagine a smile on your face while you are getting an awesome workout? Dance your way through a fun class!

ENERGY EXTREME: An instructor's choice class (our instructors do take requests). You might be stepping, dancing, pumping weights, kicking and maybe using a variety of equipment...you will work your core and get a great total body workout!

FIT HAPPENS: Beginner, low impact aerobics class that also incorporates dance moves like the cha-cha, pony, mambo, Charleston and hustle to increase range of motion and stamina.

KICKBOXING: Get a terrific workout and relieve your stress! You'll jab, hook and kick your way through this high energy class. Using a bag is optional, but **wrist wraps or gloves are required if bags are used.**

LINE DANCE FITNESS: How would you like to sweat, learn line dances and get a workout all in one class? Start today with line dancing fitness!

NOT JUST CYCLE: A combination of cardio & strength training. We will be on & off the bikes so please don't wear your cycle shoes. This hour flies by!

PILATES: Stretch and strengthen core body muscles and become more flexible. It really works!

RESTORATIVE YOGA: Practice your poses for longer than in conventional yoga with the support of props such as blocks & bolsters. You will float out of class!

SCULPT & CYCLE: Spend your first 15 minutes with a total body toning workout followed by 45 minutes of cycling to increase cardiovascular endurance!

SILVERSNEAKERS® CLASSIC: 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, a ball for resistance and a chair is used for seated and/or standing support. An intermediate level class.

SILVERSNEAKERS® YOGA: Have fun, improve flexibility, breathing, balance and range of movement through a series of postures. A chair is used for seated and/or standing support.

STEP: This class incorporates the step or BOSU to burn calories in a variety of ways. Sometimes weights are added for resistance. Fun!

TONING/CARDIO: Start with a brief warmup and spend the remainder of the class strengthening, toning and defining muscles using weights and a variety of other equipment. Build that lean muscle mass & burn calories by increasing your heart rate!

YOGA: Try yoga for improved strength, flexibility, balance and inner peace. Class can be a variety of yin, vinyasa or Ashtanga style. Ahhh!

POLICY REGARDING CHILDREN, YOUTH & NON-PARTICIPANTS: Primarily for safety and liability reasons, but also in consideration of all participants, the policy regarding children, youth and other non-participating persons in the aerobics room is as follows: anyone 18 years of age or younger will be permitted in the aerobics room during a class when: (1) they are actively participating in the class; (2) a parent has completed the proper forms and signed the liability waiver; (3) if the parent has paid the adult monthly fee of \$33, the child can be added on for \$13 per month, we also offer a monthly youth membership for \$22 or a youth daily pass for \$4; and (4) If 13 or under, the child must participate in class and be accompanied by a participating parent. No other children will be permitted in the aerobics room at any time during a class, with the exception of an infant. Non-participating persons should wait outside the aerobics or cycle room.