**JULY 2023 CLAREMORE RECREATION CENTER**

**GROUP EXERCISE CLASSES**

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| **MONDAY** |  | **THURSDAY** |  |
| 5:30-6:30 | Cycle 7/3 (Sue) 7/10 7/24 (Sarah); Kickboxing, Power & Strength Training \*upstairs\* 7/17 7/31 (Sue) | 8:45-9:45 | Pilates (Jill) |
| 8:45-9:45 | Energy Extreme (Sandy) | 10:00-10:45 | Silver Sneakers® Yoga (Jill) |
| 10:00-11:00 | Silver Sneakers® \*In Gym\* (Sandy) | 10:15-11:15 | Boot Camp \*In Gym\* (Regal) |
| 4:30-5:30 | Cycle & Toning (Andy) | 11:30-12:30 | Dance Fitness Fusion (Regal) |
|  |  | 4:30-5:15 | Cycle (Andy) |
| **TUESDAY** |  | 5:30-6:30 | Yoga (Jill) |
| 8:45-9:45 | Pilates (Jill) | 6:45-7:45 | Line Dance Fitness (Rita) |
| 10:00-11:00 | Fit Happens (Rita) |  |  |
| 10:15-11:15 | Boot Camp \*In Gym\* (Trish) | **FRIDAY** |  |
| 11:30-12:30 | Dance Fitness Fusion (Regal) | 5:30-6:15 | Cycle (Sarah) |
| 4:15-5:15 | One More Rep (Trish) **BACK ON THE SCHEDULE!!** | 8:45-9:45 | Energy Extreme (Sandy 7/7; Paula 7/14 7/21 7/28 ) |
| 5:30-6:30 | Line Dance Fitness (Rita) | 10:00-11:00 | Silver Sneakers® \*In Gym\* (Sandy) |
| 5:45-6:30 | Barre \*In Cycle Room\* (Jill) | 4:30-5:30 | Boot Camp \*In Gym\* (Andy) |
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| **WEDNESDAY** |  | **SATURDAY** |  |
| 8:45-9:45 | Step (Rachel 7/5; Phyllis 7/12 7/19 7/26) | 8:15-9:15 | Kickboxing (Sue 7/1; Haley 7/15 7/29) **NO CLASS 7/8 7/22** |
| 10:00-11:00 | Silver Sneakers® \*In Gym\* (Rachel 7/5; Phyllis 7/12 7/19 7/26) | 8:30-9:15 | Cycle (Kendall 7/1 7/15 7/29; Sue 7/8 7/22) |
| 4:30-5:30 | Boot Camp \*In Gym\* (Andy) | 9:30-10:30 | One More Rep (Barbie) **7/29 ONE DAY ONLY!!** |
| 4:30-5:15 | Core (Jill) |  |  |
| 5:30-6:30 | Kickboxing (Haley) | **SUNDAY** |  |
|  |  | 4:00-4:45 | Cycle (Paula) **NO CLASS 7/2** |
|  |  |  | **$5/day or $33/month unlimited classes** |
|  |  |  | **$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 “O”. First time participants for any class should arrive 15 minutes early to complete paperwork & receive equipment/class orientation. We welcome your comments & suggestions!

**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 & muscle strengthening workout using a variety of equipment including battle ropes, sleds & weighted bags with calisthenics to boost your calorie burn. Check out our Life 360 equipment as well. CLASS IS HELD IN THE GYM.

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

**CYCLE:** Cycle with us & get an amazing workout! Did we mention we cycle with the lights out for an awesome experience?!?

**CYCLE & TONING:** A great class combination of a ride on the spin bike & weightlifting & muscle sculpting work using a variety of equipment.

**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 instructors choice class (our instructors do take requests). You might be stepping, dancing, pumping weight, kicking & maybe using a variety of equipment…you will work your core & get a great total body workout!

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

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

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

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

**STEP:** Enjoy cardio conditioning on step benches while performing choreographed routines to upbeat music.

**SILVERSNEAKERS® CLASSIC:** Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand held weights, elastic tubing with handles, a ball for resistance & a chair is used for seating and/or standing support.

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

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

**YOGA:** Try yoga for improved strength, flexibility, balance & inner peace. Class can be a variety of yin, vinyasa or Ashtange style. Ahhhh!

**POLICY REGARDING CHILDREN, YOUTH & NON-PARTICIPANTS:** Primarily for safety & liability reasons; but also in consideration of all participants, the policy regarding youth, children & 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 & 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 & 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.