


Group Fitness Classes : Spring 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15 AM **Cycling Gino	6:30-7:15 AM Weight Room Sculpt Bre	6:30-7:15 AM **Cycling Bre	6:30-7:15 AM Weight Room Sculpt Bre	6:30-7:15 AM **Cycling Laura	11:00-11:45 AM Zumba Chelsea
	6:30-7:30 AM Yoga Jackie		6:30-7:30 AM Yoga Jackie		
				11:00-12:00 Zumba Nicole	
12:15-1:00 PM **Cycling Chris	12:15-1:00 PM **Cycling Gino	12:15-1:00 PM Strength and Sculpt Sarah	12:15-1:00 PM **Cycling Chris	12:15-1:00 PM Strength and Sculpt Bre	12:15-1:00 PM Cycling Staff
1:15-1:45 Glutes, Core, Stretch Sarah		1:15-1:45 Glutes, Core, Stretch Sarah		1:15-2:00 **Cycling Bre	
5:00-5:30 PM Core Bre	4:15-5:15 PM Yoga/Pilates Marj	4:15-5:15 PM **Cycling Chris	4:15-5:15 PM Yoga/Pilates Marj	2:15-3:15 Yoga Jackie	
5:45-6:30 PM **Cycling Bre	5:30-6:30 PM Cross-Training Ramsey	5:30-6:30 PM Yoga Emily	5:30-6:15 PM **Cycling Sarah	 KEENE STATE REC SPORTS	
6:45-7:30 PM Strength & Sculpt Laura	6:45-7:30 PM Zumba Nicole	6:45-7:30 PM Kick Box Laura	**RESERVE BIKES 24 HRS IN ADVANCE!		
(Pool) 5:30-6:30PM Hydrorobics Jeanne	7:45-8:30 PM **Cycling Sarah	(Pool) 6:30-7:30PM Hydrorobics Jeanne			

To reserve a bike for Cycling Class call 358-2826** Indoor cycling participants must reserve a spot within 24 hours of class time by calling or stopping at the front desk of the recreation center (1st floor). Participants must check in and adjust bikes 5 minutes prior to the start of class. If your bike is not claimed 5 minutes before the start of class, it will be made available for those on the waiting list.

GROUP FITNESS CLASS DESCRIPTIONS

Cross-Training: Challenge your entire body with this high-intensity workout. Work every major muscle group in the body with an emphasis on the core. Get ready to sweat; this workout is not for the faint of heart.

Cycling: A group exercise class on stationary bikes traveling on flat roads, climbing hills, sprinting and “jumping”! It is truly a fantastic cardiovascular class (**see registration details on the front of the schedule).

Glutes, Core and Stretch: How’s your posture? Are you sitting all day? Instructor Sarah has formulated a series of exercises that will work to improve mobility, core strength and work on posture! This class will also incorporate yoga type movements to increase that flexibility!

Hydrorobics: A low-impact, high-energy workout in the Pool. Class includes work in both shallow and deep ends of the pool and followed by strength work on the deck. Equipment use may include water belts, buoys, and kickboards. This class is great for non-swimmers and swimmers alike!

Kickboxing: A high-energy cardiovascular and strengthening workout that will target your shoulders and back as well as hips and thighs for an awesome workout.

Strength and Sculpt: This class focuses on strength training utilizing a variety of equipment including dumbbells, bands, balls, and more. Target your total body, boost your metabolism, and end with a relaxing stretch.

Weight Room Sculpt: Want to learn different exercises and use new equipment? Join this challenging early morning class as they utilize our weight room to gain total body strength.

Yoga: This Hatha Yoga class teaches gentle postures that will encourage you to connect to your breath and the present moment. Consistent participation you will increase your range of motion, strength, and ability to focus. This is for all levels.

Yoga-Pilates: An exciting blend of Yoga and Pilates with a T’ai Chi –based warm-up. This class will increase strength, power and flexibility. Suitable for all levels.

Zumba: Fuse Latin rhythms and basic hip hop styles into one class! This easy to follow class uses energetic dance moves to work the whole body. Have fun and get a great workout through dance!

ALL participants must complete a Health Questionnaire at the Recreation Center Front Desk PRIOR to participation. It is advised that you inform your instructor of any health concerns prior to each class. Class size is first come, first served & may be limited** by the instructor for safety reasons.

**For more information, contact the Recreation Center front desk at 358-2826....
Or go to: <http://www.keene.edu/recsports/>**