

# COOMES RECREATION CENTER

## GROUP FITNESS SCHEDULE

2021 Q3 August 2 - October 3, 2021

**\*\* No classes September 6 - 10 (Shutdown Week)\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COREography 8:15 - 9:15 AM <i>Valerie</i>		Sculpt & Stretch 8:30 - 9:30 AM <i>Kim</i>		Weekend Warrior 8:15 - 9:15 AM <i>Valerie</i>
	Pulse 8:15 - 9:15 AM <i>Libby</i>		Pulse 8:30 - 9:30 AM <i>Alison</i>		Pulse 8:15 - 9:15 AM <i>Libby</i>
	Vinyasa Flow** 9:30 - 10:30 AM <i>Alison</i>		Power Yoga 9:45 - 10:45 AM <i>Alison</i>		LIFT 9:30 - 10:30 AM <i>Libby</i>
	Timeless Yoga 11:00 AM - 12:00 PM <i>Carol</i>		Timeless Yoga 11:00 AM - 12:00 PM <i>Carol</i>		
		Mindful Flow 4:30 - 5:30 PM <i>Jacqui</i>			
PowerFlex 5:45 - 6:45 PM <i>Mary R.</i>	HIIT Strength 5:45 - 6:45 PM <i>Karen</i>	PowerFlex 5:45 - 6:45 PM <i>Mary R.</i>	HiPi 5:55 - 6:55 PM <i>Valerie</i>		
	Spintensity ** 6:00 - 6:50 PM <i>Stephanie</i>		Spintensity ** 6:00 - 6:50 PM <i>Stephanie</i>		

### CLASSROOM:

Room A	Spin Studio
--------	-------------

**\*\* Vinyasa Flow and Spintensity will begin August 9, 2021**

**Fitness Classes are available to members with the purchase of a fitness pass. Fitness passes are \$25/month and include unlimited classes. Passes may be purchased at the front desk.**

*Class descriptions are listed on back*

Pulse (spin class)	Ride to the rhythm. This class mixes a variety of tempos and drills over 45 minutes of great music!
Spintensity (spin class)	Be ready to push yourself to the max with sprints, climbs, surges and combos. This class will rev up your heart after a long days work. Suitable for all fitness levels.
LIFT	Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Using a variety of weight training equipment and techniques to change the shape of your body - every muscle, every Saturday, in one hour.
HITT Strength	A rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Suitable for all fitness levels, as modifications are shown.
PowerFlex	Power up all your muscles, including your heart, in this workout! Shape, tone and strengthen your body with weight training and up your calorie burn with aerobic exercises.
COREography	Do you wish to have a stronger core and become more toned and flexible? Then this class is for you. Each class is different as variety is the spice of life!
HiPi	High intensity interval training coupled with Pilates. Come join Valerie for head-to-toe toning and heart pumping fun
Weekend Warrior	A fusion of yoga and pilates, this class will help jumpstart your weekend. Become more toned and flexible, while improving your balance. Come breathe with Valerie!
Sculpt and Stretch	Move and melt the body and mind in this class that is both rejuvenating and restorative! Spend the first half building heat with resistance training to sculpt muscles from head to toe. Then, finish up with deep stretching to release tensions and tightness. Free weights, body weight, and more will be used. A great workout to find balance in both mind and body.
Timeless Yoga (chair yoga)	This class is designed for people of all ages with limited range of motion and mobility. Participants will practice techniques to improve breathing capacity, concentration, flexibility, strength, and relaxation. Exercises are done with the use of chairs and blankets or cushions.
Mindful Flow Yoga	Experience the relaxing and healing effects of mindful movement through flow yoga and take with you helpful tips for the deepening of your own mindful practice, on and off the mat.
Vinyasa Flow Yoga	A very physical form of yoga, this class focuses on coordination of breath and movement.
Power Yoga	A fitness based yoga class that is invigorating and will compliment your other workouts. This intermediate class will strengthen, tone and improve your flexibility. Prior Yoga experience is recommended.