

# HOOVER

# RECREATION CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
5:30 CYCLE Tracy	8:30 WATER FITNESS Beth Pool	5:30 CYCLE Laurie M.	5:30 CYCLE Tiffany	8:30 HIIT Friday Gay AR	8:45 WEEKEND WAKE-UP Gay AR	
8:30 CYCLE MaryBeth	8:30 ZUMBA Pam AR	8:30 YOGA Gay Horizon Room	8:30 WATER FITNESS Pam Pool	8:30 WATER FITNESS Pam Pool	9:15 CYCLE Suki	
8:30 WATER FITNESS Pam Pool	8:30 CYCLE Christine	8:30 WATER FITNESS Penny - Pool	8:30 REFIT Tresa AR	9:35 YOGA CORE CHALLENGE MaryBeth HR	10:00 DANCE FITNESS Pam/Beverly/Tresa AR	
8:30 HIIT Gay AR	8:45 YOGA Stacy Horizon Room	8:30 CARDIO INTERVAL Cindy AR	8:30 CYCLE Cindy	11:00 CYCLE Cindy	10:15 YOGA Suki Horizon Room	
11:30 CYCLE Christine	10:00 BODY SCULPT Heather AR	9:45 STEP Gay AR	9:00 ACTIVE ADULT EXERCISE Beth HR			
			9:45 BODY SCULPT MaryBeth HR			
<b>AFTERNOON / EVENING</b>						
4:30 TOTAL BODY CHALLENGE Suki AR	5:15-6:30 BUTTS, GUTS & FINAL CUTS Randy AR	5:45 CYCLE Suki	4:30 Every Mile Counts Suki outside-see back for details			3:00 CYCLE Theresa / Christine
5:30 BODY STRENGTH/CORE Suki AR	5:30-6:15 PILATES Christine / Kim Horizon	6:00 Refit Beverly AR	5:15-6:30 BUTTS, GUTS & FINAL CUTS Randy AR			
6:00 YOGA Karen Horizon	6:00 CYCLE Penny	6:00 YOGA Christine Horizon Room	6:00 CYCLE Penny			
6:00 CYCLE Grace	6:35 REFIT Beverly AR		6:35 REFIT Stephanie AR			

First Floor Activity Room (AR) Cycle Room Horizon Room  
 205.444.7656 Jamie.foster@hooveralabama.gov  
 Jamie Foster Fitness Manager

GROUP FITNESS SCHEDULE

<p><b>WATER</b> This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.</p>	<p><b>M.A.X.</b> A Maximum Aerobic Expenditure class designed to burn maximum calories by combining a hi-lo impact aerobic class with intervals of strength training.</p>
<p><b>EVERY MILE COUNTS</b> Beginners as well as people that have already completed a 5K can look to a 10K or half as the next step! This class will carry those from even the couch to the start line and across the finish line too! You will start walking / running from where your current fitness level is now and build up slowly so you will enjoy the journey. <b>For info call Suki at 205-617-1588 or email sukiakins@yahoo.com.</b></p>	<p><b>STEP</b> Come and burn some calories with this fun class. This hour consists of a choreographed step class with a sequence of movements of motion and form on the step. Loads of fun and great for your legs!</p>
<p><b>BUTTS, GUTS, &amp; FINAL CUTS</b> This unique class of science-based body sculpting techniques will combine weights, rubber resistance, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.</p>	<p><b>HIIT &amp; HIIT FRIDAY</b> High Intensity Interval Training. High intensity cardio segments with interval muscle work. Every muscle in your body will be worked in this class.</p>
<p><b>CYCLE</b> An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time. Please be early or on time or also.</p>	<p><b>PILATES</b> Fitness based mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.</p>
<p><b>REFIT</b> This is a "one size fits all" kind of fitness class. Cardio. Toning. Flexibility. Balance. Stretching. You'll get it all with this total body workout while experiencing exhilarating energy and enjoying rockin rhythms.</p>	<p><b>DANCE FITNESS</b> This class combines ReFit/Zumba/various other types of dance. 3 instructors alternate teaching this on Saturdays. It is loads of fun and a great way to start your weekend plus burn calories!</p>
<p><b>TOTAL BODY CHALLENGE</b> This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!</p>	<p><b>YOGA CORE CHALLENGE and POWER YOGA ***(this is an advanced class)***</b> Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. During class you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.</p>
<p><b>YOGA</b> This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.</p>	<p><b>BODY SCULPT</b> Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.</p>
<p><b>HUSTLE THE MUSCLE</b> A 45 minute strength and resistance class in a circuit format. Will be a great full body workout.</p>	<p><b>YOGA ( Saturday morning)</b> Great class for beginners and intermediate level! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.</p>
<p><b>WWW (Weekend Wake Up Workout)</b> This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!</p>	<p><b>ZUMBA</b> This class combines Latin music with salsa, meringue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area. Come join the party!</p>