









Green River Recreation Center Class Schedule

Effective: August-September 2023

| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|----------------|---|---|--|---|---------------------|--|---------------|
| 5:15AM | Pump N' Flex | Group Cycling | Instructor's Choice | Group Cycling | Pump N' Flex | | |
| 8:00AM | Deep Water Aerobics | Deep Water Aerobics | Deep Water Aerobics | Deep Water Aerobics | Deep Water Aerobics | | |
| 9:00AM | Yoga | Circuit Training in the Weight Room* | Yoga | Group Cycling | Pump N' Flex | | |
| 9:15AM | Shallow Water Aerobics | | Shallow Water Aerobics | | | | |
| 10:30AM |  HEALTHWAYS SilverSneakers [®] FITNESS Stability/Stretch* ◆ |  HEALTHWAYS SilverSneakers [®] FITNESS Strength ◆ | |  HEALTHWAYS SilverSneakers [®] FITNESS Strength ◆ | | <u>Nursery Services</u> Monday-Friday 9:00-11:30 AM \$4 per hour/child | |
| 6:00PM |  ZUMBA [®] fitness | Yoga Fusion |  ZUMBA [®] fitness |  BARRE ABOVE™ | | | |

*These classes are one hour in duration. Classes not marked with an * are 45 minutes

◆These classes will be held at the Island Pavilion during the gymnasium closure August 21-31

Sign up at the front desk no more than 30 minutes before start time.

Please contact Sherry at 872-0517 with questions or comments.

Classes are included with each Admission!

We have several Admission Fee options, including Daily, Monthly and Annual passes. If you are 80+, your admission is free!

Our Monthly Pass is our most popular option:

Youth (8-18) = \$25/month, Adult (19-59) = \$40/month, Senior Citizen (60-79) = \$20/month

See our Front desk for more details!

Class descriptions are on the back of this schedule

--All classes are subject to cancellation, pending adequate participation levels. Because we tailor our fitness classes to our customers' needs, this schedule may change. If in doubt, please call 872-0511.

Revised: August, 2023



Experience the thrill of outdoor cycling inside! In our authentic and athletic **Group Cycling** class, motivating instructors and up-tempo music keep you energized as you sweat through grueling hill climbs, flat terrain and anaerobic intervals.



GO DEEP! Experience a more intense water workout in the deep end of the pool with our **Deep Water Aerobics** class! Challenging core stabilization exercises will help you meet your fitness goals.

Yoga Fusion fuses together components of Barre, Pilates and Yoga and is designed to give your body a refreshing, full-body workout at the end of the day!

They say variety is the spice of life! Well, spice up your life with our **Instructors Choice class!** Each class will feature a different format. We will announce in classes beforehand and post on our social media pages so you will know which class to expect. Come check it out! You may discover a new favorite class!

Shallow Water Aerobics is a vigorous form of exercise, using the resistance and buoyancy of the water. Water Aerobics improves breathing and increases energy without the stress on joints. Look for our **HYDRO-FIT** water cuffs and hand buoys!



Circuit Training in the Weight Room combines a series of aerobic and weight-training exercises that simultaneously helps to build both muscular strength and cardiovascular endurance. Add this class to your existing workout routine and obtain the maximum results from your exercise program!

Improve flexibility, strength and balance while calming the mind and reducing stress! **Yoga** is appropriate for all ages and fitness levels! Can't touch your toes? No problem! Work at your own skill level to improve fitness and ability!



Silver Sneakers® group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs, and ALL of those who enjoy a positive, upbeat social environment.

Pump 'N Flex is our barbell class that targets every major muscle group in the body. Participants are led through a series of exercises including squats, presses, lifts, and curls. If you have ever wanted to strength-train, but didn't want to use the weight room, this class is for you!

Fusing together components of Pilates, yoga, aerobics, and elements of strengthening exercises, **Barre Above®** delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and keep you coming back for more!



ZUMBA is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. It's fun! It's different! It's easy! It's effective!



If ADA accommodations are needed, please call (307) 872-0511.