

Watertown Community Recreation Center

GROUP FITNESS

Winter 2016-2017 Hours of Operation:

Monday – Thursday 5am – 10pm / Friday 5am – 9pm / Saturday 8am – 6pm / Sunday 12pm – 6pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Indoor Cycling* (45 minutes)		Cycle Circuit Xtrainer*	CX50*	BodyPump*		
6:00 am							
8:40 am	8:30 AM BOOM Move It	Tabata Bootcamp	Cycle and Flow*	"AA" Strong	Zumba with Zen Express	8:30 AM In the MIXX	
10:00 am		Silver Sneakers Classic		Silver Sneakers Classic			
10:30 am	Silver Sneakers Yoga		Silver Sneakers Yoga		Silver Sneakers Yoga		
11:45 am	Edge Workout		Edge Workout				
12:10 pm	Cycle/CX* (30 mins each)	BodyPump*	Power Hour	Indoor Cycling* (45 minutes)	BodyPump*		Turbo Kick
4:15 pm	BodyPump*	CX50*	Cycle Circuit Xtrainer*	#TBT BodyPump*			
5:30 pm	BodyPump*	Turbo Kick	BodyPump*				
5:45 pm				Turbo Kick			
6:00 pm		Edge Workout*		Edge Workout*			
6:30 pm		BodyFlow					
6:45 pm	Zumba		Turbo Kick				

***Class space is limited. You will need to sign up at the front desk the day before class.**

Effective 1/2/2017

CARDIO AND SPECIALTY CLASSES

First time participants to any group fitness class need to arrive 5 – 10 minutes prior to start of class for setup with instructor.

Silver Sneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Yoga - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Turbo Kick - This class offers a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that has a unique blend of intense intervals of strength/endurance training and a relaxing cool-down.

Cycle Circuit X-Training - Are you looking for a break from the usual cycle class, but don't want to lose the cycle? Circuit Cycle X-Training was designed to solve this problem and add extra challenge to your workouts. Intervals of cycle are broken up by intervals of strength and power off the bike to get your heart pumping and your body strong. No one leaves this class without sweating. Sign up for class the day before by calling or stopping at our front desk.

Les Mills Body Pump* - Body Pump is a 60 minute barbell based class that takes traditional weight room exercises and moves them to a Group Fitness setting. A Safe, Effective, and FUN total body workout! Energizing music and motivating instructors keep you coming back for more! Class size is limited so class sign up is required to reserve your spot. Sign up for class the day before by calling or stopping at our front desk.

Les Mills BodyFlow – LesMills BodyFlow is the Yoga, Tai Chi, and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to create a holistic workout that brings the body into a state of harmony and balance. BodyFlow is a perfect complement to all of our Strength and Cardiovascular classes we offer at the Rec Center. This class will be held outside at the track weather permitting.

Cycle and Flow** - Combines the cardiovascular work of indoor cycling with the flexibility and relaxation of our LesMills BodyFlow class. Class will improve your heart, your mind and body, leaving you feel refreshed and ready for your day. Class will begin with 30 minutes of calorie burning, heart pumping cycling to rev up your cardiovascular fitness. Following our cycling portion we will switch gears and move in to a 45 minute BodyFlow class. *Sign up required for the cycling portion* This class is appropriate for all levels of fitness. Indoor Cycling portion will be held Wednesday mornings at 8:40 am with BodyFlow portion following at 9:15am. Come enjoy the ride with an open mind!

Tabata Bootcamp™ Tabata Bootcamp's motto is "Quality, not quantity". This class offers effective workouts that maximize your results in minimal time. Tabata Bootcamp™ is a group training program that is based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol and hard/harder/hardest strength training method. This total body workout is a nonstop challenge that will include repeated bouts of intense, easy to follow strength training work followed by short periods cardio work (often timed).

CX50* - This 50 minute combo class combines our latest 30 minute LesMills CXWORX with 20 minutes of intense cardio/strength intervals. This class will be a hit with anyone looking to build, strengthen, tighten & tone the abs, butt & back and burn calories in less than an hour. *Sign up in required.

Power Hour - If you are somebody that likes variety, then you will love the spontaneity of this class because it can change at any time! It will be a combination of strength, cardio and core - but every week will be a surprise! Join us for your lunch hour every Wednesday at noon.

"AA" Strong – If you want to get stronger and take your fitness to a new level, join Angie or Anne Thursdays this fall for a unique class of high intensity interval X-Training! "AA" Strong will incorporate many fitness drill styles; AMRAP, EMOM, BodyPump intervals, tabata circuits, HIIT and much more. Push yourself past your limits with this intense hour of cardio and strength training drills incorporating intervals of strength, power, resistance and core training to achieve strong results!

Throwback Body Pump - With almost 20 BP releases under our belt we decided to add a throwback BP class to our schedule each week through the fall. Re-live some of your favorite BP releases from the last 4 years. Join Jodi Thursdays!

Zumba Fitness - Are you ready to party yourself into shape? That's exactly what our Zumba program is all about! Zumba fitness fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be exhilarating, fun and easy to follow! Add some Latin flavor and international zest and you've got Zumba! Come join the party today!

Zen Express (20 minutes following Zumba)

No time to stretch? Compliment your Friday workout with this condensed yoga class that will focus on releasing muscle tension and soreness while increasing physical and mental relaxation. 20 minutes will help reduce the risk of injury, aid in muscle recovery, and allow greater freedom of movement with improved posture. Unwind, relax, and join us!

Edge* - The Edge workout is a high intensity, high energy, cross training workout for those serious about improving their fitness. You work out as long as it takes you to finish. The better your fitness level, the faster your times will get. This is the perfect workout for those wanting to work on both cardiovascular and muscular strength and endurance.

BOOM Move It – BOOM Move It is a 30 minute, heart-healthy, cardio workout featuring dance-style choreography. This fun, high-energy dance fitness class is open to beginner exercisers, experienced dancers, and everyone in between. Songs and steps can be drawn from just about any era, genre, and style of music and dance.

******The Group Fitness schedule evolves based on the needs of you, the member. If you like a class please continue to attend it and become part of its success.**