






ANDERSON RECREATION CENTER

DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45am	Cardio Boot Camp <i>Jennifer</i>	LES MILLS BODYPUMP <i>Jennifer</i>	Cardio Boot Camp <i>Jennifer</i>	LES MILLS CXWORX <i>Jennifer</i>		9:15am	LES MILLS BODYCOMBAT <i>Inna</i> 12/9 TRX + CXWORX <i>Kelley</i> LES MILLS BODYPUMP <i>Jennifer</i>	12/23 Barre Sculpt <i>Beth</i> LES MILLS BODYPUMP <i>Kelley</i>
8:30am	Fit & Flex Lite <i>Courtney</i>		Fit & Flex Lite <i>Aliza</i>	Yoga <i>Stephanie/Helen</i>	Yoga <i>Stephanie</i>			
9:00am	 <i>Katie</i>	Fit & Flex <i>Julia</i>	 <i>Katie</i>					
9:30am					Tai Ji (Beginner) <i>Charline</i> **No class 12/29**			
10:10am	LES MILLS BODYPUMP <i>Katie</i>		HIIT & Run <i>Katie</i>		Fit & Flex Lite <i>Aliza</i>			
11:00am	Fit & Flex <i>Courtney</i>	A.I.M. <i>Aliza</i>	Fit & Flex <i>Courtney</i>	A.I.M. <i>Aliza</i>				
12:15pm	20/20 <i>Jennifer</i>	LES MILLS CXWORX <i>Kelley</i> 12 th <i>Jennifer</i> 19 th , 26 th	TRX <i>Kate</i>	LES MILLS BODYCOMBAT EXPRESS <i>Inna</i> 7 th , 14 th <i>Julia</i> 28 th <i>Jennifer</i> 21 st	LES MILLS BODYPUMP EXPRESS <i>Inna</i> 1 st , 15 th <i>Pam</i> 8 th , <i>Jennifer</i> 22 nd <i>Kelley</i> 29 th	4:00pm		Yoga <i>Inna</i> 10 th <i>Lina</i> 17 th , 31 st
4:45pm	Barre Sculpt <i>Beth</i>	TRX <i>Julia</i>	Barre Sculpt <i>Beth</i>	Functional Conditioning <i>Phillip</i>		CLASSES/INSTRUCTOR SUBJECT TO CHANGE		
5:30pm	LES MILLS BODYCOMBAT <i>Julia</i> 4 th , 18 th <i>Inna</i> 11 th <i>Rachel</i> 18 th Yoga <i>Stephanie</i>	 <i>Katie</i>	Yoga <i>Mellonee</i>	 <i>Katie</i> TRX <i>Kelley</i>		Hours of Operation Mon.-Thurs. 6am-9:30pm Fri. 6am-8pm Sat. 8am-4pm Sun. 2pm-6pm		
5:45pm			LES MILLS BODYPUMP <i>Inna</i> 6 th <i>Pam</i> 13 th <i>Kelley</i> 20 th , 27 th					
6:30pm		HIIT It <i>Katie</i>		LES MILLS BODYPUMP EXPRESS <i>Katie</i>				
	NO CLASSES 12/25	SEE MODIFIED SCHEDULE FOR 12/26						

CLASS DESCRIPTIONS

20/20 – Short on time? Squeeze in a workout with 20 minutes of cardio and 20 minutes of strength training.

A.I.M. (Arthritis In Motion) – Restorative joint care through range of motion exercises and chair-supported yoga.

Barre Sculpt – Use light weights and dance-inspired techniques to improve muscle strength and tone, flexibility, balance, and posture.

BODYCOMBAT – High-energy martial arts-inspired workout that is totally non-contact. Release stress, have a blast and feel like a champ.

****Express format is 45 minutes**

BODYPUMP – This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health..

****Express format is 45 minutes**

Boot Camp – Class features dynamic movements, functional training, plyometrics, calisthenics, and more in 45 minutes or less.

CXWORX – Provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do.

Fit & Flex – A mix of aerobics and strength training to keep you fit & active. This low-impact class focuses on functional movement, flexibility, core strength, and balance.

Fit & Flex LITE – A lower impact and slower paced version of our popular Fit & Flex class designed for senior adults. Class focuses on balance, flexibility, range of motion and strength training with light resistance. Chairs are used for seated and standing support.

Functional Conditioning – Class features dynamic movements, functional training, and mobilization.

HIIT It – A variety of low- to high-intensity exercise workouts interspersed with rest.

HIIT & Run – High intensity interval training with a focus on running strength & speed.

TRX – Get a taste of what suspension training is about! Use suspension & your own body weight for a great workout.

Yoga – Learn and practice basic yoga poses for strength, flexibility, and balance.

Zumba – Get into the groove and party your way to fitness with this high-energy class.

PARTICIPATION GUIDELINES

- Individuals must be at least 13 years of age to participate.
- Classes offered on a first-come, first-served basis. For safety reasons, instructor may cap class maximum at their discretion.
- DO NOT enter class more than 10 minutes after the class has started. Instructors have the right to turn away participants who enter after the warm-up has ended.
- Classes require a minimum of 2 participants, dressed and on time.
- Please follow the instructors' lead as they will always include modifications. All instructors are certified and trained to lead a safe and effective workout. It is disruptive to the instructor and other participants when you are engaged in your own workout during class. The use of iPods, cell phones and other personal electronics is prohibited when classes are in session. Additionally, keep side chatter to a minimum.
- Proper athletic attire must be worn at all times. No open-toed shoes or sandals allowed. Athletic-type shoes must be worn. It is highly recommended that participants wear cross-training shoes to avoid injury.
- Class times are subject to change.



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www.cityofandersonsc.com

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