



**April 2017**  
**303 Group Aerobic Classes**  
**(623) 594-4887**

<b>PM</b>	<b>Zumba Sol</b>	<b>Zumba Evenstar</b>	<b>Zumba Sol</b>	<b>Zumba Evenstar</b>	<b>Tai Chi John Leo</b>	<b>Weight Blast Laurie</b>
	<b>Weight Blast Tricia</b>	<b>HIIT Roxanne</b>	<b>Butts n Guts Tricia</b>	<b>HIIT Roxanne</b>	<b>Weight Blast Amber</b>	<b>Zumba Shavon</b>
	<b>Tai Chi John Leo</b>	<b>Yoga Fundamentals Amber</b>	<b>Pilates Paige</b>	<b>Core Strength Roxanne</b>	<b>MixedFit Carlyn</b>	
	<b>SS-Classic Tricia</b>	<b>SS-Yoga Amber</b>	<b>SS-Classic Paige</b>	<b>Zumba Gold Sharon</b>	<b>Yoga Fundamentals Melissa</b>	
	<b>Core Strength Carrie</b>	<b>Body Sculpt Ashley</b>		<b>Butts n Guts Tricia</b>		
	<b>RIPPED Carrie</b>		<b>Tabata Vicki</b>			
		<b>Cardio Kickboxing Annie</b>		<b>Zumba Sara</b>		
	<b>Booiaka Tryphosa</b>		<b>Booiaka Vicki</b>			
				<b>Vinyasa Yoga Flow Melissa</b>		

**CONTACT: Aerobic Director Tricia Cronk: [stcronk7@msn.com](mailto:stcronk7@msn.com)**  
**Schedules are subject to change.**

- HIT: Advanced. Alternates muscle toning movements along with high intense intervals of fat-blasting cardio techniques set to the upbeat music that will get your heart pumping. A combination of athletic functional moves. 55min.
- RIPPED: Advanced. This is a high intensity circuit training class utilizing body weight, free weights, and more to guarantee a calorie-torching workout. This class builds cardiovascular endurance, lean muscle and healthy bodies. 55 min.
- Weight Blast: Advanced: This convenient weight workout will have you burning calories and fat in record time. These fat blasting exercises will challenge your entire body, plus with a full range of moves that target the upper and lower body. 55min.
- Butts n Guts: All fitness levels: A high energy class muscle conditioning class that tones and shapes your hips, thighs, butt and abdomen. Exercises target and tone your entire lower body. 55 min
- Tabata: All fitness levels. A high intensity interval training that follows a specific format: 20 seconds of a very high intensity exercise,10 seconds of rest and repeat 8 times for 4 minutes. 55 min.
- Body Sculpt: All fitness levels. Go back to basics, using traditional strength training exercises and training principles of progression, overload, and recovery to see strength improvements like you've never achieved before. 55 min.
- Core Strength: All Fitness Levels. Targeting your entire torso, including back and core muscles. A strong core leads to a strong, fit body that will be less prone to injury. This class is a wonderful compliment to all group fitness classes. 30 min.

- Zumba: A fusion of Latin and international music, Zumba creates exciting and effective fitness through dance routines to maximize caloric output, fat burning and toning. 55 min
- Booiaka: Is a new revolutionary cardio dance workout that fuses Latin, Brazilian Jamaican, Hip Hop, Old School and Reggae ton dance styles. Based on muscle memory and easy movements combined with a progressive increase in cardio training throughout the class. 55 min.
- Cardio Kickboxing-: A combination of kickboxing, high intensity interval training, dance and the hottest music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength, and endurance training. 55 min.
- MixxedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in your traditional dance fitness, this might be the answer to your prayers. 55 min.

- 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. Dumbbells, weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. 55 min.
- Silver Sneakers Yoga: Will 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. 55 min.
- Zumba Gold. Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.55 min

- Yoga Fundamentals: Tailored for all levels. This class focuses on intentions, breath, proper alignment and postures. With an emphasis on guidance in modifications, as well as challenging poses for the advanced student. 55 min.
- Vinyasa/Yoga Flow: Tailored for all levels. Athletic, energetic class for all levels designed to build stamina and strength. First timers and experienced yogis alike will benefit from a pace that focuses on longer holds, alignment and deeper stretching. Beginners become more advanced and the advanced will deepen their practice. 55 min.
- Pilates: Students should be capable of exhibiting the principles of concentration and control as each exercise transitions from one to the next. Pilate's workouts focus first on core strength through the core of the body--the back, abdomen and hips, elongated supple muscles, and balance between body and mind, with all the parts of a person working together. 55 min
- Tai Chi: Offers a simplified, systematic approach for learning Tai Chi basics that maintains the integrity of traditional Tai Chi principles. This class introduces components of Tai Chi that foster health of mind, body and spirit, and most importantly, balance and stability while moving. 55min.
