

HOOVER

RECREATION CENTER GROUP FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|--|---|-----------------------------------|
| MORNING | | | | | | |
| 5:30 CYCLE Tracy | 5:30 CYCLE Christina | 5:30 CYCLE Laurie M. | 5:30 CYCLE Tiffany | 8:30 STEP CLASS Gay AR | 8:45 WEEKEND WAKE-UP Gay AR | |
| 8:30 CYCLE MaryBeth | 8:30 WATER FITNESS Beth Pool | 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 ZUMBA Pam AR | 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 Change It Up! Gay AR | 8:30 CYCLE Christine | 8:30 CARDIO INTERVAL Cindy AR | 8:30 CYCLE Cindy | 11:00 CYCLE Cindy | 10:15 YOGA Suki Horizon Room | |
| 11:30 CYCLE Christine | 8:45 YOGA Stacy Horizon Room | 9:45 BASIC STEP Gay AR | 9:00 ACTIVE ADULT EXERCISE Beth HR | | | |
| | 10:00 BODY SCULPT Heather AR | | 9:45 BODY SCULPT MaryBeth HR | | | |
| AFTERNOON / EVENING | | | | | | |
| 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 | 6:00 CYCLE Penny | 6:00 Refit Beverly AR | 5:15-6:30 BUTTS, GUTS & FINAL CUTS Randy AR | | | |
| 6:00 YOGA Karen Horizon | 6:35 REFIT Beverly AR | 6:00 YOGA Christine Horizon Room | 6:00 CYCLE Penny | | | |
| 6:00 CYCLE Grace | | | 6:35 REFIT Beverly AR | | | |

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

GROUP FITNESS SCHEDULE

HOOVER RECREATION CENTER

GROUP FITNESS CLASS DESCRIPTIONS

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| <p>ZUMBA 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> | <p>ABS This class is designed to tone and strengthen the abdominal area. Instructors will take you through <u>30 minutes</u> of solid abdominal work that guarantees to bust your gut.</p> |
| <p>WATER This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.</p> | <p>M.A.X. 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>EVERY MILE COUNTS 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. For info call Suki at 205-617-1588 or email sukiakins@yahoo.com.</p> | <p>ADVANCED STEP Come and burn some calories with this fun class. This hour consists of a <u>high choreographed</u> class with an advanced sequence of movements of motion and form on the step.</p> |
| <p>REV + FLOW by Zumba REV+FLOW is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to- follow movements and uplifting music. All fitness levels welcome!</p> | <p>B.L.A.S.T. (butt, legs, abs, sweat, & tone) Class will focus on strengthening the entire body through a series of core training, sculpting, and cardio intervals.</p> |
| <p>FINAL CUTS 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>PILOGA This 75 minute class is the combination of Pilates and yoga to build strength and tone your muscles while improving flexibility and fostering mind and body harmony. Classes tend to start off with Pilates exercises, then move to yoga positions, then finish with extra core work.</p> |
| <p>CYCLE 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>PILATES Fitness based <u>(75 minutes daytime class)</u> 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>REFIT 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>TAI CHI Tai Chi is a mind body exercise that is easy on the joints and produces a plethora of health benefits</p> |
| <p>TOTAL BODY CHALLENGE 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>ZUMBA GOLD Zumba Gold is a less intense version of original Zumba. This class is designed for beginners and older adults using modified movements.</p> |
| <p>YOGA 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>BODY SCULPT Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.</p> |
| <p>SENIOR EXERCISE I (Beginner Exercise) This class features stretching exercises, low impact aerobics, and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE).</p> | <p>YOGA CORE CHALLENGE and POWER YOGA ***(this is an advanced class)*** 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>HUSTLE THE MUSCLE A 45 minute strength and resistance class in a circuit format. Will be a great full body workout.</p> | <p>YOGA (Saturday morning) 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>WWW (Weekend Wake Up Workout) This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!</p> | <p>Change It Up! This class includes high/low impact aerobics, step, core, hula-hoop, and muscle conditioning.</p> |