

# ANDERSON RECREATION CENTER

# OCTOBER 2016

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45am		Group Strength <i>Jennifer</i>	<b>CXWORX</b> <i>Jennifer</i>	Group Step <i>Jennifer</i>	Group Stretch <i>Jennifer</i>	9:00am	10/1 TRX <i>Kelley</i> 10/8 Barre <i>Beth</i> 10/15 <b>CXWORX</b> + Tabata <i>Kelley</i> 10/22 <b>BODYCOMBAT</b> <i>Inna</i> 10/29 Group Strength <i>Jennifer</i>	
8:30am	Fit & Flex Lite <i>Jill</i>		Fit & Flex Lite <i>Jill</i>	Yoga <i>Stephanie</i>	Yoga <i>Phillip</i> <i>Stephanie 28<sup>th</sup></i>			
9:00am	<b>ZUMBA</b> <i>Katie</i>	Fit & Flex <i>Julia</i>	<b>ZUMBA</b> <i>Katie</i>	Fit & Flex <i>Julia</i>				
10:15am	HIIT It <i>Katie</i>		HIIT It <i>Katie</i> <i>Julia 26<sup>th</sup></i>					
11:00am	Fit & Flex <i>Courtney</i> <i>*No class 24<sup>th</sup>*</i>	A.I.M. <i>Jill</i>	Fit & Flex <i>Courtney</i>	A.I.M. <i>Jill</i>			3:00pm	<b>BODYCOMBAT</b> <i>Kerri 9<sup>th</sup></i> <i>Inna 16<sup>th</sup></i> <i>*NEW RELEASE* 10/30</i>
12:15pm	20/20 <i>Jennifer</i>	<b>CXWORX</b> <i>Kelley 4<sup>th</sup>, 11<sup>th</sup></i> <i>Jennifer 28<sup>th</sup>, 25<sup>th</sup></i>	20/20 <i>Courtney</i>	<b>BODYCOMBAT</b> EXPRESS <i>Julia</i>			3:20pm	<b>CXWORX</b> <i>Kelley 2<sup>nd</sup></i> <i>*NEW RELEASE* 10/23</i>
4:45pm	Barre Sculpt <i>Beth</i> <i>Julia 17<sup>th</sup></i>	TRX <i>Julia</i>		Barre Sculpt <i>Beth</i> <i>Jennifer 13<sup>th</sup></i>			4:00pm	Yoga <i>Stephanie 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup></i> <i>Lina 9<sup>th</sup>, 23<sup>rd</sup></i>
5:15pm			Yoga <i>Mellonee</i>				CLASSES/INSTRUCTOR SUBJECT TO CHANGE	
5:30pm	<b>BODYCOMBAT</b> <i>Julia</i> <i>*No class 17<sup>th</sup>*</i> Yoga <i>Stephanie</i>	<b>ZUMBA</b> <i>Katie</i>		<b>ZUMBA</b> <i>Katie</i> <i>Beth 27<sup>th</sup></i>			Hours of Operation Mon.-Thurs. 6am-9:30pm Fri. 6am-8pm Sat. 8am-4pm Sun. 2pm-6pm	
5:45pm			<b>RIPPED</b> <i>Jennifer</i>	TRX <i>Kelley</i>				
6:30pm		HIIT It <i>Katie</i>		HIIT It <i>Katie</i> <i>*No class 27<sup>th</sup>*</i>				

## 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**

**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.

**Group Step** – A mixture of step aerobics, step intervals, and strength exercises

**Group Strength** – Stronger together! Build strength and power using a variety of resistance tools

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

**R.I.P.P.E.D.** – The one-stop body shock mix of high intensity intervals! Have a blast & get fit with resistance, intervals, power, plyometrics, and endurance.

**Tabata** – 20 seconds of work, 10 seconds of rest. 30 minutes of the most popular high intensity training method is all you need!

**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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