

Schedule: Fall 2013 September-December

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00					Spin Kim	
7:30						Spin Tracy/Katrina/John
8:15					More Core (30 min) Kim	
8:30						Fit Factory Tracy/Katrina/John
9:00					Friday Grab Bag Kim	
9:00	30/30 Cardio & Strength Jana		Power Hour Kim		Step and Strength Jana	
9:30		Spin John		Spin John		
9:30						
10:00			Tone (30 min) Kim			
10:15	Core (30 min) Jana				Core (30 min) Jana	
10:30		Fit Factory John- Auditorium	Mat Class Kim	Muscle Blast (30 Min) John		
10:30		PiYo Michelle				
11:00	Total Body Condi- tioning for Women Jana			Strength and Condi- tioning Circuit John	Ball Class Jana	
11:30		R.I.P.P.E.D Michelle				
4:00						
5:30	Spin Kim			Spin Katrina		
6:45	Fit Factory John		Fit Factory Tracy			
7:00		Zumba Debra		Zumba Debra		



All classes 60 minutes unless otherwise noted

Class Location: **ORSCC**

Register online at www.redmond.gov/register or by calling **425-556-2300**

City of Redmond Parks and Recreation

Fall Class Details

30/30 Cardio and Strength:

This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio, and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout

Ball Class:

Build core strength and body awareness in this hour long class designed to develop flexibility, stamina in every part of your body.

Body Blend: This hour long class is strategically meant to strengthen and lengthen your body. Body Blend is a mix of exercises to help build muscles and gain strength, with a mix of stretching and lengthening exercises blended in.

Core Workout:

Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques.

Fit Factory: Build yourself a better body! This 60-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, fun instruction and your choice of weight inspire you to get the results you came for – and fast! The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Friday Grab Bag: This high energy class is a fun way to burn calories and work all muscle groups. Using a variety of equipment, each class will be creative, different and unique. During each hour long session there will be a mix of cardio bursts, strength training, and stretching.

More Core: Is an express class designed to tone up the entire mid section. This class will include a variety of exercises to help hit all core muscles. This class is open to all levels and is a great add-on before or after your cardio workout.

Muscle Blast: Strength training isn't just for the weight room. Muscle Blast is the ultimate class designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, TRX, stability balls, and more. This class is fun, effective, and for all levels of fitness.

Mat Class: Mat workout is a fusion of Pilates, yoga and creative movement that incorporates free weights, resistance bands and barre for an intense workout. Classes include cardiovascular and muscular strength and endurance training with a focus on core, flexibility, balance and coordination.

PiYo: is an athletic blend of Yoga and mat method based on Pilates to enhance muscle strength and length. Also designed to improve posture, flexibility, & physical awareness. This class includes light weight lifting and ballet barre technique as well as plyometrics.

R.I.P.P.E.D. is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the This is a Redmond Fit Pass class. R.I.P.P.E.D. workout ensures maximum results, with participants burning 750-1000 calories in a single 50-minute workout. By stimulating different energy systems and muscle groups in each segment, and mixing up the routine every few minutes, R.I.P.P.E.D. keeps your body guessing and improving, and keeps your mind engaged. R.I.P.P.E.D. is constantly challenging but never, ever boring.

Spin:

Come take a ride on our LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience. Please bring a towel and water bottle.

Step and Strength:

Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels will be shown so you can work on your own level. Step is followed by a total body workout, core included, followed by relaxing stretches.

Strength and Conditioning Circuit: Looking to increase your strength, endurance and overall fitness? This full body workout is designed to do just that. This routine blends strength and conditioning exercises by using resistance from your own body weight. It is loaded with functional exercises created to give you the ultimate challenge.

Step Circuit:

Step Circuit is an interval class alternating step aerobics and strength drills. All major muscle groups will be worked during this class while incorporating aerobic training. Core work and a stretch will end each class.

Total Body Conditioning for Women:

Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.

ZUMBA®:

Zumba fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required