

## Schedule: May 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30						Spin Katrina/Kim	
8:00							Spin and Strength (8am-9:30am) John
8:30						Fit Factory Katrina/John/Kim	
8:45					More Core (30 min) Kim		
9:00	30/30 Cardio & Strength Jana		Spin N' Sculpt Michelle		Step and Strength Jana		
9:30	Spin (30 min) John	Spin John		Spin John	Spin Kim		
10:00			Yoga Michelle				
10:15	Core (30 min) Jana				Core (30 min) Jana		
10:30		Fit Factory John		Muscle Blast (30 Min) John	Friday Grab Bag Kim		
10:30	Mat Class New Day starting 4/7! Kim						
11:00	Total Body Condi- tioning for Women Jana			Strength and Con- ditioning Circuit John	Ball Class Jana		
5:00							
5:30		Spin Kim	Spin Kim	Spin Katrina			
6:00	Spin John						
6:45		Core (30 min) Kim	Fit Factory Kim				
7:00	Fit Factory John	Zumba Debra		Zumba Debra			



All classes 60 minutes unless otherwise noted

Class Location: **ORSCC**

Register online at [www.redmond.gov/register](http://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.

**Spin and Strength:** This class is a grab bag and will be 30/60 min of Spin followed by 30/60 min of strength training!

### **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.

**Spin N' Sculpt:** This class will combine a short section of spin that brings an athletic outdoor cycling experience indoors, followed by sculpting every muscle group with a variety of exercises done with hand weights, bands, stability balls and benches. This is the best of both Spin and Cardio Sculpt all in one rewarding class.

**Cardio Sculpt:** We will use a variety of equipment that includes hand weights, bands, stability balls and step benches to sculpt every small and large muscle group and add in a cardio interval that will never be boring. Strong emphasis is placed on stabilizing the muscles that make up your core (abdominals, back, hips, glutes, inner thigh). A strong core can improve posture and ease daily living. All fitness levels welcome.

**Yoga:** Modern fitness Hatha and Vinyasa Flow yoga that combines basic yoga postures with strong fitness moves in a heat building and flowing sequence. Added stretching and active rest postures lead to rejuvenation in a quiet final relaxation.

### **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