

## Group Fitness Classes

**Group Cycling** Mon/Wed/Fri/Sat at 8:00am, Tue/Thur at 6:00pm & Friday at 6:00am (Tina Dempsey, Helen Golden, Audrey Lee, Kendra Haderlie & Whitney Kozlowski) Group cycling class is a great cardio workout set to music with an instructor leading you on a great stationary bike ride. Classes will be held in the southeast corner of the track looking at the beautiful views on our Schwinn bikes.

**Spin & Stretch** Tuesday/Thursday at 10:00am (Marisa Ball)

Class combines stretching along with group cycling cardio intervals. Great recovery workout!!!

**Strength & Conditioning** Mon/Wed/ Fri at 9:30am (Tina Dempsey, Marisa Ball & Kendra Haderlie)

This class is designed for maximum calorie burning! It will combine both weights and cardio. Class will be 50 minutes long and will include warm-up, circuit workout, and stretching.

**Senior FIT!** Wednesday at 11:00am (Nicole Delnort)

Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

**STEP & SCULPT** Tuesday/Thursday at 8:30am – 10:00am (Nicole Delnort)

This step aerobics class consists of choreographed step patterns. You'll challenge your mind and body as you burn calories. The intensity of your workout will be determined by the speed, travel, and execution of your movements.

**A.M.P.** Tuesday/Thursday at 6:00am (Helen Golden)

THE TOTAL BODY WORKOUT! Agility, Muscle, & Polymeric training. No need for coffee in the morning! A.M.P. up your energy with Helen Golden! Class will be held at the fieldhouse.

**SilverSneakers** Monday/Friday at 11:00am (Nicole Delnort)

Muscular Strength & Range of Movement. 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. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**CHISEL** Tuesday/Thursday at 7:00am (Kerri Reynolds)

Learn proper lifting technique while getting a great total body workout. Class combines strength exercise along with cardio motion.

**Power-Hour** Mon/Wed/Fri at 9:30am (Whitney Kozlowski)

Mom's Power Hour is a 60 minute mix of cardio, drills, strength training and core work. Little ones are welcome and this class is for new and seasoned moms and athletes alike. Whether you are looking to get stronger or just looking to sweat and socialize with other moms this is a great way to spend an hour!

**Zumba Classes\*(TSL)\*** M/W/F at 10:00am, Tuesday/Thursday at 6:00pm, Saturdays/Sundays at 9:30am (Natalie Montoya, Gara, Lisa & Chris Phinney)

Class that combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, and effective fitness system. "Don't try Zumba unless you plan on doing it for life!"

**Yoga \*(TSL)\*** Mon/Wed/Fri at 8:35am, Tues/Thurs at 10:00am, Saturday & Sunday at 8:00am (Heather Fox, Brianna Moore & Nancy Carry)

Yoga is a great way to de-stress, increase flexibility and strength, and stimulate the mind, body & spirit. Breath is emphasized to focus and quiet the mind.

**Kids Fit/Yoga Buddies \*(TSL)\*** Tuesday & Thursday at 4:30pm (Helen Golden & Lois Loughead)

Kids Fitness & Yoga Buddies classes are rockin' fun, packed with kid-friendly routines and all the music kids love. Parents love these fitness classes because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

**Muscle-Up \*(TSL)\*** Monday/Wednesday at 5:30pm (Nicole Delnort) Friday at 4:00pm (Marisa Ball)

A weight-lifting class using various equipment including weights, resistance bands, stability balls and more. Every muscle group is specifically targeted to help you transform your body into a fat burning machine!

**Pilates \*(TSL)\*** Tuesday/Thursday at 8:30am (Marisa Ball)

This class focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

**Reggae DanceHall \*(TSL)\*** Wednesday's at 7:00pm (Nyeshia Hamil)

Learn exotic dance moves that will decorate any dance floor. Stay fit while burning calories and skipping the monotony of that boring treadmill. Meka's hips don't lie, they hypnotize, YahMan!!

Basin Recreation Field House 1388 Center Drive

\*(TSL)\*- Trailside Location 5715 Trailside Dr. Park City, UT 84098

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[www.basinrecreation.org](http://www.basinrecreation.org)

