

# January 2019 **Download our Dash App Today!** **Dash Online**

Group Fitness Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	<b>HIIT- Paige</b>	<b>A.M.P. -Megan</b>	<b>HIIT- Paige</b>	<b>A.M.P. -Megan</b>	<b>HIIT- Paige</b>		
6:30am	<b>7am Masters Swim - Scott</b>	<b>Sun Rise Yoga- Kelley</b>	<b>7am Masters Swim - Scott</b>	<b>Sun Rise Yoga- Kelly</b>	<b>7am Masters Swim - Scott</b>		
8:00am	<b>Body Balance Lisa</b>	<b>8:15am SGT! Heather</b>	<b>Body Balance Kelly</b>	<b>8:15am SGT! Ashley</b>	<b>Body Balance Joy</b>	<b>Yoga 75min Jenessa</b> <b>BOOT CAMP Shaughnessy</b>	
8:30am	<b>8:30am &amp; 9:35am Power Hour Christa</b> <b>Creative Flow Yoga- Sue</b>	<b>TRX- Tiffany</b> <b>Strength Hour Megan</b> <b>Pilates- Amy</b>	<b>8:30am &amp; 9:35am Power Hour Christa</b>  <b>Yoga-Katie</b>	<b>TRX- Heather</b> <b>Strength Hour Tammy</b> <b>Pilates- Amy</b>	<b>8:30am &amp; 9:35am Power Hour Christa</b>  <b>Yoga-Katie</b>	<b>Got Barre™ Laura</b>	<b>75min Yoga Lisa</b>
9:00am	<b>WERQ® Kimberly</b>						
9:30am	<b>Strength &amp; Conditioning Shughnessy</b>	<b>Zumba Denice</b>	<b>Strength &amp; Conditioning- Shaughnessy</b>	<b>Zumba Denice</b>	<b>Strength &amp; Conditioning Heather</b>	<b>WERQ® Danielle</b>	<b>Zumba Denice</b>
10:00am	<b>Got Barre™ Catherine 10:05am</b>	<b>Yoga Nancy</b>	<b>Got Barre™ Laura</b> <b>Kids Yoga- Randi Jo</b>	<b>Yoga 75min Lisa</b>	<b>Basin Barre Marisa</b> <b>Tai Chi- Sandy</b>		
10:30am	<b>SGT! Shaughnessy</b>		<b>SGT! Shaughnessy</b>		<b>SGT! Shaughnessy</b>	<b>TRX- Val</b>	
11:00am	<b>SilverSneakers Nicole</b> <b>Yoga- Jenessa</b>	<b>Zumba Gold- Kathryn</b>	<b>Senior Fit Nicole</b> <b>Yoga- Ashley</b>	<b>Zumba Gold- Kathryn</b>	<b>SilverSneakers Nicole</b>		
11:30am		<b>FUN/50 Yoga Pattie</b>		<b>FUN/50 Yoga Edie</b>			
12:00pm	<b>Yoga Jenessa</b> <b>Masters Swim - Scott</b>		<b>Masters Swim - Scott</b>		<b>Masters Swim - Scott</b>		<b>3:00PM Gentle Yoga</b>
4:00pm			<b>4:00PM Gentle Yoga Nancy</b>		<b>Yoga 101 Melissa</b>		<b>4:15PM Gentle Yoga</b>
5:30pm	<b>Body Lab- Joy</b>  <b>Yoga- Melissa</b>	<b>'Got Barre?™ Catherine</b> <b>YOGA Sculpt Kelley</b>	<b>Yoga- Penny</b>	<b>'Got Barre?™ Catherine</b>  <b>Buti Yoga- Joy</b>	 <b>BASIN RECREATION</b> <b>Basin Recreation</b> <b>(435) 655-0999</b> <a href="http://basinrecreation.org">basinrecreation.org</a>		<b>Studio A</b> <b>Studio C</b> <b>Field</b> <b>UPSTAIRS</b> <b>Pool Class</b> <b>Knoop Park</b>
6:30pm	<b>6:35pm Zumba Phinney</b> <b>7:00pm SUP Yoga- Tiffany</b>	<b>6:35pm Cardio Kickboxing- Joy</b>	<b>6:35pm WERQ® Danielle</b>	<b>7:15pm Yoga- Abby</b>			
<b>See back of schedule for more details</b>							
Group Cycling Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>6:00am- Tiffany</b>	<b>Spin+Stretch 9:30am-Amy</b>	<b>6:00am- Mark</b>  <b>5:30pm-Abby</b>	<b>Spin+Stretch 9:30am-Ashley</b> <b>6:00pm- Abby</b>	<b>6:00am- Tiffany</b>	<b>Group Cycle Classes held in <u>Studio B</u></b>	

## Group Fitness Class Descriptions

**A.M.P.** The total body workout! Agility, muscle, and plyometric training. No need for coffee in the morning - A.M.P. up your energy!

**Basin Barre** This Basin Recreation special delivers the best of barre sculpting methods in one challenging workout that keeps your body guessing and improving!

**Body Balance** Body balance is important for all of us. This class is especially suited for recovering athletes, seniors, or anyone trying to improve core strength, flexibility, cardio health and/or overall balance.

**Body Lab** This strength class keeps you engaged with a variety of equipment including weights, resistance bands, and stability balls. Target each muscle group to transform your body into a fat burning machine!

**Boot Camp** Boot Camp is an intense total body conditioning class combining plyometrics, HIIT and strength training techniques. Kids are welcome to come and play during class.

**Buti Yoga** Burn fat and deeply sculpt the abs, butt and arms in this highly addictive yoga fusion class.

**Cardio Kickboxing** Kick, punch and sweat your way to superior cardio fitness in this empowering, martial-arts inspired workout. Drawing basic moves from Taekwondo, Boxing and Muay Thai, engage nearly every muscle in your body while releasing stress and having a blast!

**Creative Flow Yoga** Creative Flow incorporates a blend of yoga styles and music to inspire and guide students to find a deeper sense of self through the integration of body, breath and mind.

**Fun/50 Yoga** Fun Over Fifty Yoga is designed for people over the age of 50. Whether you are an experienced Yogi or new to stretching, you will find yourself leaving energized and rejuvenated.

**Gentle Yoga** Gentle Yoga is designed to release tension, increase flexibility, rebalance the body, and promote wellness. All levels are welcome.

**Got Barre?™** This cardio dance class is ballet-type fitness training and touts lost inches, leaner muscles, toned core, hips, legs, arms, and shoulders! Who doesn't want those results?

**Group Cycling** Elevate your heart rate with a varied ride, incorporating hills, sprints and isolations, all the while in the comfort of our spin room with music that keeps your mind off the work.

**HIIT** The ultimate strength and conditioning interval class, HIIT keeps your body guessing with a different format and focus every day, including: kettlebells, circuits, TRX, Tabatas, medicine balls and dumbbells.

**Kids Yoga** Kids will learn how to be more patient, imaginative and focused while creating flexible, balanced and strong bodies. The class incorporates poses, meditation, breath work, journaling, and dancing. Ages 3-6.

**Masters Swim** Take your swimming to the next level! Masters Swim offers guided and instructional sessions for swimmers 18 years and older. Come get your lap swimming in with varied and organized workouts.

**Pilates** Pilates is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking. Core strength exercises are combined with resistance to create a fun challenging workout for all levels.

**Power Hour** This 60-minute mix of cardio, drills, strength training and core work is seriously hard work but SO much fun. Bring the little ones to burn off some energy of their own.

**Senior Fit** Exercise is important for everyone. Senior Fit focuses on building strength and increasing range of motion, hopefully preventing injuries. This group exercise class is appropriate for all levels and incorporates a positive, upbeat, social environment.

**SilverSneakers** Move to the music through exercises designed to increase muscular strength, range of movement and activities for daily living. Utilize hand-held weights, elastic tubing, a ball and a chair for a great and supported workout.

**Small Group Training (SGT!)** Small group training (limited to 10 people) is designed to give you a total body burn-out with a personalized coach experience!

**Spin & Stretch** We warm you up and then cool you down. This combination class incorporates a good stretch after cycling cardio intervals. The best of both worlds!

**Strength & Conditioning** This class is designed for maximum calorie burning! At 50 minutes long, the class is efficient with a warm-up, circuit workout, and stretching.

**Strength Hour** Strength training is essential to a balanced fitness routine. This class combines strength training with cardio and core work. Bring the kids to play while you get stronger in a supportive group setting!

**Sun Rise Yoga** No better way to start the day! Rise with beautiful views while doing a Vinyasa 1-2 flow yoga class. This class promises to get your day started off right.

**SUP Yoga** Is your yoga routine getting a little stale? SUP (Stand Up Paddleboard) Yoga will reinvigorate you and improve your practice.

**Tai Chi** This class uses a continuous series of controlled slow movements designed to improve physical and mental well-being.

**TRX** Work with your own body weight! Suspension training exercise develops strength, balance, flexibility, and core stability simultaneously. You control the challenge with your body position!

**WERQ®** WERQ® is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

**Yoga** Yoga is a fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit. All levels are welcome – appreciate your time on your mat.

**Yoga 101** Yoga 101 is a gentle, flowing class designed to explore the fundamental postures of yoga. It is perfect for new practitioners or those wishing to refresh and fine-tune their alignments.

**Yoga Sculpt** Yoga Sculpt combines vinyasa style yoga with low resistance strength training. Mix up your yoga routine with cardio bursts and sculpt exercises.

**Zumba®** An exercise in disguise! Zumba® combines high energy and motivating music with unique moves and combinations to create a dynamic, exciting, and effective fitness class.

**Zumba® Gold** Perfect for beginners and active adults, Zumba® Gold is as much fun as basic Zumba® and has the same great Latin style of dance at a slower pace with lower intensity.

**Studio A Max- 38, Studio B Max- 25, Studio C Max- 22**

All classes are 55 minutes unless otherwise noted. Class times, instructors, and formats subject to change without notice.

Download our fitness APP for **CHANGES & CANCELLATIONS!**

**Basin Recreation Fieldhouse - 1388 Center Drive (435) 655-0999 - [www.basinrecreation.org](http://www.basinrecreation.org)**