

March 2019 Download our Dash App Today!



Dash Online

Group Fitness Schedule-							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT- Paige	A.M.P. -Megan	HIIT- Paige	A.M.P. -Megan	HIIT- Paige		
6:30am		Heated Yoga- Kelly		Heated Yoga- Kelly			
8:00am	Body Balance- Lisa	8:15am SGT! Heather	Body Balance- Kelly	8:15am SGT! Ashley	Body Balance-	75min Yoga- Jenessa	
8:30am	8:30am & 9:35am Power Hour- Christa Creative Flow Yoga- Sue	TRX- Tiffany Strength Hour- Pilates- Amy	8:30am & 9:35am Power Hour- Christa Yoga- Katie	TRX- Strength Hour- Tammy Pilates- Amy	8:30am & 9:35am Power Hour- Christa Yoga- Katie	Got Barre™ Laura	75min Yoga- Lisa
9:00am	WERQ® -Kimberly	8:30am Heated Sculpt Yoga- Kristin		8:30am Heated Sculpt Yoga- Jess			
9:30am	Strength & Conditioning- Shughnessy	Zumba Denice	Strength & Conditioning- Shaughnessy	Zumba Denice	Strength & Conditioning-	WERQ® Danielle	Zumba- Denice
10:00am	Got Barre™ -Catherine 10:05am	Yoga- Nancy	Got Barre™ -Laura Kids Yoga- Randi Jo	75min Yoga- Lisa	Basin Barre- Marisa		
10:30am	SGT! Shaughnessy		SGT! Shaughnessy		SGT! Shaughnessy	TRX- Val	
11:00am	Senior Fit- Laura Yoga- Jenessa	Zumba Gold- Kathryn	Senior Fit- Chi May Yoga- Jess	Zumba Gold- Kathryn	Senior Fit- Laura		
11:30am		FUN/50 Yoga- Pattie		FUN/50 Yoga- Edie			
12:00pm	Yoga- Jenessa						3pm Gentle Yoga- Nancy
4:00pm			Gentle Yoga- Nancy		Yoga 101- Melissa		4:15pm Gentle Yoga- Nancy
5:30pm	Body Lab- Joy Yoga- Melissa	Got Barre?™ -Catherine Heated Sculpt Yoga- Kelley	Yoga- Penny	Got Barre?™ -Catherine Peak Yoga- Joy	 BASIN RECREATION Basin Recreation (435) 655-0999 basinrecreation.org		Studio A Studio C Field UPSTAIRS Pool Class Knop Park
6:30pm	6:35pm Zumba- Phinney 7pm SUP Yoga- Tiffany	6:35pm Cardio Kickboxing- Joy	6:35pm WERQ® Danielle	7:15pm Yoga- Abby			

Classes Highlighted in yellow are FREE!

Group Cycling Schedule- Cycle Classes held in Studio B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am- Tiffany	Spin+Stretch 9:30am-Amy	6:00am- Mark	Spin+Stretch 9:30am-Ashley 6:00pm- Abby	6:00am- Tiffany	8:30am- Heather &/or Mark	

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!

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.

Heated Sculpt Yoga Heated Sculpt Yoga combines vinyasa style yoga with low resistance strength training and throws in a little 90-degree heat. Mix up your yoga routine with cardio bursts and sculpt exercises.

Heated Yoga Heated Yoga is a fantastic way to de-stress, increase flexibility and strength, and stimulate the mind, body and spirit in a warm and inviting, 90-degree environment.

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.

Peak Yoga Reach your fitness in this challenging but fun class! With a unique fusion of strength-based flow and plyo intervals, you'll sculpt the arms, legs, and glutes, while building superior balance and flexibility. Awesome music. Real results!

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.

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.

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.

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.

TRI IT OUT Fitness Program Coming Soon!

Overwhelmed by the idea of training for a triathlon? Basin Recreation is offering this 9-week fitness program to help prepare you for a sprint triathlon held at The Fieldhouse on June 1. No need to be intimidated if you have little to no recent swimming, running or cycling experience. In these beginner-friendly workouts, you will learn to efficiently perform all three disciplines and transition from one to the other.

When: April 1-June 1 **Days:** Mondays, Wednesdays and Fridays **Time:** 8:30am-9:30am **Location:** The Fieldhouse (pool, group cycle room, and track) **Cost:** \$195.

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