

# June 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 - Gigi</b>	<b>Heated Sunrise Yoga- Kelly</b>	<b>7am Masters Swim - Gigi</b>	<b>Heated Sunrise Yoga- Kelly</b>	<b>7am Masters Swim - Gigi</b>		
8:00am	<b>Body Balance- Lisa P</b>	<b>8:15am SGT! Heather</b>	<b>Body Balance- Kelly</b>	<b>8:15am SGT! Tiffany</b>	<b>Body Balance- Lisa P</b>	<b>75min Yoga- Jenessa</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- Shaughnessy</b> <b>Pilates- Amy</b>	<b>8:30am &amp; 9:35am Power Hour- Christa</b> <b>Yoga- Katie</b>	<b>Strength Hour- Rachel</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>	<b>8:30am Heated Sculpt Yoga- Kristin</b>	<b>HIGH Fitness Haley</b>	<b>8:30am Heated Sculpt Yoga- Jess</b>		<b>Aqua SUP Yoga- Audrey</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- Shaughnessy</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>75min Yoga- Lisa</b>	<b>Basin Barre -Marisa</b>	<b>Aqua SUP HIIT- Audrey</b>	
10:30am	<b>SGT! Shaughnessy</b>		<b>SGT! Shaughnessy</b>		<b>SGT! Shaughnessy</b>		
11:00am	<b>Senior Fit- Laura</b> <b>Yoga- Jenessa</b>	<b>Zumba Gold- Kathryn</b>	<b>Senior Fit- Nicole</b> <b>Yoga- Jess</b>	<b>Zumba Gold- Kathryn</b>	<b>Senior Fit- Laura</b>		<b>H2O Aerobics- Kathie</b>
11:30am		<b>FUN/50 Yoga- Pattie</b>		<b>FUN/50 Yoga- Ashley</b>			
12:00pm	<b>12:15pm H2O Aerobics- Laura</b> <b>Yoga- Jenessa</b>	<b>12pm Masters Swim- Gigi</b>	<b>Stretch &amp; Core Nicole</b>	<b>12pm Masters Swim- Gigi</b>	<b>12:15pm H2O Aerobics- Laura</b>		<b>3pm Gentle Yoga- Nancy</b>
4:00pm			<b>Gentle Yoga- Nancy</b>		<b>Yoga 101- Melissa</b>		<b>4:15pm Gentle Yoga- Nancy</b>
5:30pm	<b>5:35pm Body Lab- Joy</b> <b>Yoga- Melissa</b> <b>6pm Aqua SUP</b> <b>HIIT- Tiffany</b>	<b>'Got Barre?™ -Catherine</b> <b>Heated Sculpt Yoga- Kelley</b>	<b>5:35pm Cardio Kickboxing- Joy</b> <b>Yoga- Dodi</b>	<b>'Got Barre?™ -Catherine</b> <b>5:35pm Peak 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>Classes Highlighted YELLOW are FREE!</b>		
6:30pm	<b>6:35pm Zumba- Phinney</b> <b>7pm Aqua SUP Yoga- Tiffany</b>		<b>6:35pm WERQ® Danielle</b>				

## Group Cycling Schedule- Cycle Classes held in Studio B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>6:00am- Tiffany</b>	<b>Spin 45</b> <b>9:30am- Amy</b>	<b>6:00am- Mark</b>	<b>Spin+Stretch</b> <b>9:30am- Tiffany</b>	<b>6:00am- Tiffany</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!

**Aqua SUP HIIT** A dynamic and challenging workout on Stand Up Paddle Boards, work is done in intense bursts of activity with a brief recovery time. Combining body weight exercise with intervals, while challenging your balance - this is one effective workout!

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

**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 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.

**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.

**HIGH Fitness** is a hardcore fun fitness class that incorporates interval training with music you love and intense easy to follow choreography. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

**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.

**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!

**Stretch & Core** This challenging workout focuses on strengthening the core, especially the large muscles in the front of the abdomen and the lower back. The majority of this workout is done on your mat

**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!

**Water Aerobics** Water aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activities. The class will increase your energy, stamina and strength - and it is a healthy way to cool off in the summer.

**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.

**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)