

December 2019 **Download our Dash App Today!** **Dash Online**

Group Fitness Schedule-							
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00am	HIIT- Paige	A.M.P. Megan	HIIT- Paige	A.M.P. Megan	HIIT- Paige		
6:30am		Heated Sunrise Yoga- Kelly	Body Pump Kelly	Heated Sunrise Yoga- Kelly			
8:00am	Body Balance Lisa P		Body Balance Kelly	8:15am SGT Ashley	Body Balance Lisa P	Yoga Jenessa	
8:30am	8:30am & 9:35am Power Hour Christa Vinyasa Flow Yoga- Sue	TRX Heather Pilates- Amy Sculpt Yoga Kristin	8:30am & 9:35am Power Hour Christa Kids Yoga Randi Jo Yoga- Katie	Pilates- Amy Sculpt Yoga Jess	8:30am & 9:35am Power Hour Christa Yoga- Katie	Got Barre™ Laura	75min Yoga Lisa
9:00am	WERQ® Kimberly		HIGH Fitness Haley		HIGH Fitness Haley	Yoga Jenessa	
9:30am	Strength & Conditioning Shaughnessy	Strength Hour Shaughnessy Zumba Denice	Strength & Conditioning Shaughnessy	Strength Hour Rachel Zumba Denice	Strength & Conditioning Shaughnessy	WERQ® Danielle	Zumba Denice
10:00am	Got Barre™ Catherine 9:50am-10:45am Senior Steps- Sarah	Yoga Nancy	Got Barre™ Laura 9:50am-10:45am Senior Steps- Sarah	75min Yoga Kristin	Basin Barre Marisa		
10:30am	SGT Shaughnessy		SGT Shaughnessy		SGT Shaughnessy	10:35am TRX Valerie	
11:00am	Senior Fit Laura Yoga- Jenessa	Zumba Gold Kathryn	Senior Fit Nicole Power Yoga- Jess	Zumba Gold Kathryn	Senior Fit Laura		
11:30am		FUN/50 Yoga Pattie		FUN/50 Yoga Ashley			
12:00pm	Masters Swim Tina Yoga Jenessa		Masters Swim- Sydney Stretch & Core Nicole		Masters Swim Tina		4pm Zumba Kathryn
4:00pm			Gentle Yoga Nancy		Yoga 101 Melissa		3pm & 4:15pm Gentle Yoga Nancy
5:30pm	5:35pm Body Pump Joy Yoga- Melissa	'Got Barre?'™ Catherine	5:35pm Body Pump Joy Yoga Dodi	'Got Barre?'™ Catherine	 BASIN RECREATION Basin Recreation (435) 655-0999 basinrecreation.org Classes Highlighted YELLOW are FREE!		Studio A Studio C Field UPSTAIRS Pool Class
6:30pm	6:35pm Zumba Phinney	6:00pm Meditation Randi Jo	6:35pm WERQ® Danielle				

Group Cycling Schedule- Cycle Classes held in Studio B

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
		Spin+Stretch 9:30am Heather	6:00am Mark 5:30pm Meghan	Spin+Stretch 9:30am Heather	6:00am Meghan		

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.

FREE Body Pump Body Pump is a weight lifting class that shapes, tones, and strengthens your entire body. With focused tracks on specific muscle groups, the class trains with high repetition movements and low weight loads. This format helps achieve strength and introduces lean body muscle conditioning. Perfect for all fitness levels.

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 Sun Rise Yoga No better way to start the day! Enjoy the beautiful views during this Vinyasa 1-2 flow yoga class. The class promises to get your day started off right.

HIGH Fitness is a hardcore fitness class that incorporates interval training with music you love and intense yet 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.

FREE Kids Yoga Kids will learn how to be more patient, imaginative and focused while creating a more flexible, balanced and strong body. 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.

FREE Meditation This is a straightforward mindfulness class open to all levels. The class provides tools to calm the nervous system, balance stress levels, and benefit overall health.

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.

Power Yoga Power Yoga focuses on building strength and balance while flowing. Leave feeling energized and grounded.

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

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.

FREE Senior Steps Ballet This Senior Steps Ballet class is offered through Ballet West. It is a great opportunity to increase your flexibility, strength, and balance in a low impact dance class.

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!

Vinyasa 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.

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