



LAKE PARK GROUP X (Exercise)

ALL classes, with the exception of Spinning® and Pilates, last for 60 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30 am						
6:00 - 7:00 am						
8:30 - 9:30 am	Cardio Circuit Rebecca	Spinning Rebecca	Kardio Kick Rebecca	Spinning Rebecca	Tabata Rebecca	
9:30 - 10:30 am	Power Pump Rebecca	Yoga Jane	Power Pump Rebecca	Yoga Jane	Power Pump Rebecca	
10:30 - 11:30 am	Silver Sneakers Rebecca	Silver Sneakers Rebecca	Silver Sneakers Rebecca	Silver Sneakers Rebecca	Silver Sneakers Rebecca	
3:30 - 4:30 pm						
4:30 - 5:30 pm						
5:30 - 6:30 pm	Zumba Earleen	Spinning Jill	Zumba Earleen	Spinning Jill	Zumba Earleen	
6:30 - 7:30 pm		Bootcamp Jill		Tabata Jill		

CLASS DESCRIPTIONS

Body Fit – Here is a total body workout focusing on toning, sculpting, and promoting muscular balance using a variety of strength training tools such as hand weights, body bars, resistance bands, and stability balls, with cardio interval training.

Bootcamp – Looking to spice up your strength training routine? Boost your conditioning and confidence to the next level in this high intensity class using body bars, dumbbells, and your own body weight in addition to other unique forms of functional training equipment. Get ready to master new exercises and unveil a whole new you!

Cardio Circuit – Come and join this high energy, head to toe class offering the perfect blend of aerobic conditioning and muscle-sculpting exercises. Cardio Tone utilizes a variety of equipment including the step/bosu, dumbbells, resistance bands, body bars, and swiss ball, to give you a toned, tight and trim physique while Cardio Core will chisel your waistline and melt off the inches!

KardioKick – Jab, cross, hook, uppercut! Fiercely energetic cardiovascular workout where you are unleashed and empowered. Build strength, endurance and stamina in this class that is sure to deliver results.

Silver Sneakers® – Get ready to 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. Handheld weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Spinning® – Who doesn't have 45 minutes?! This quick, high calorie burner class is taken place on an indoor stationary bike that combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardio class will definitely move you! The time added to each class is for set-up and clean-up of bikes before and after each class. Great for beginners!

Tabata – High intensity interval training! Blast major calories in this fast paced cardio class. Intervals of 20 seconds of extreme cardio followed by 10 seconds of rest repeated 8 times. Bursts of intense workout will torch calories.

Yoga – Take this calm, stress releasing mind/body class to enhance flexibility, strengthen your body while promoting relaxation and developing a healthy back.

Zumba® – This entertaining workout mixes body sculpting movements with dance steps derived from salsa, reggae, hip hop, and many others. It targets areas such as the glute muscles, legs, arms, abs, and the heart. Come join the party!!!