

West Sacramento Recreation Center

Group Exercise Classes

February 2012

All classes subject to change. Classes are for 13 and older unless stated otherwise.

Group Exercise Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:15am (no childcare available)		Total Core Heather	A.M Pump Heather (6:15-7:00)	Total Core Heather	A.M Pump Heather (6:15-7:00)	
8:15-9:00am		Simple Stretch Tianna	Low Impact Cardio/Tone Tianna	Simple Stretch Tianna	Low Impact Cardio/Tone Tianna	New class!
9:00-10:00am	Turbo Kick Satu	Yoga Maria	Total Body Toning Corina	Yoga Jolene	Fun Friday Bootcamp Brittany	Zumba Joe/Angelina
10:00-11:00am	Yoga Challenge Brittany	Big Feet, Little Feet Tianna	Pilates Corina	Big Feet, Little Feet Tianna		
5:45 - 6:45pm	Cardio Lift Staci No class 2/20	Yoga Brittany (6-6:45pm)	Cardio Lift Staci	Core & More Joe (6:00-6:30pm)	Circuit & Cardio Power Hour Kenny	
6:45-7:45pm	Zumba Angelina No class 2/20	Turbo Kick Satu (6:45-7:30pm)	Zumba Staci	Yoga Jolene (6:30-7:30pm)		
7:30-8:30pm		Zumba Joe		Zumba Joe		

Special Workout Opportunities:

- Sports Cond. Class Feb. 16th @ 5:00pm
- Meditative Yoga Feb. 20th @ 11-11:30am

Instructor - Brittany

Water Workouts - Lap Pool



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:15-7:15am	Swim Workout Ross		Swim Workout Ross		Swim Workout Ross	
9:30-11:00am						Water Polo Ryan
6:00-7:00pm	H2O Aerobics TBD No class 2/20		H2O Aerobics TBD No class 2/1			
7:00-8:30pm		Water Polo Ryan		Water Polo Ryan		



See other side for Group Exercise class descriptions & card system details.

Visit us online at www.westsacfun.org or call (916) 617-4770

West Sacramento Recreation Center Group Exercise Class Descriptions

AM Pump - Start your day off with group weights and resistance training. Studies show lifting weights and working out early will boost your metabolism -- give yourself a leg-up on the day!

Big Feet, Little Feet is a class where children (ages 18 months to 3 years) can explore the excitement of dance and movement along with spending time with Mom, Dad or a special grandparent.

Cardio Lift is a 60 minute class that combines cardio and muscle conditioning. Participants will enjoy a class designed to increase cardio strength, endurance and flexibility.

Circuit & Cardio Power Hour is a 60 minute circuit training class that includes agility, plyometrics, strength & cardio drills.

Complete Conditioning is 40 minutes of strength building exercises to increase muscular endurance using a variety of equipment. Increase your muscle strength and metabolism while maximizing your time.

Fun Friday Bootcamp is a 60 minute bootcamp workout that will increase your strength and tone & burn your muscles.

Lap Swim Workout is a 60 minute lap swim workout designed to build stamina, stroke technique, and cardiovascular health. All levels are welcome.

Low Impact Cardio/Tone is a class that will slightly elevate your heart rate to ensure low impact on joints and low weights for toning.

Pilates & Yoga - This class will help to tone, strengthen, and stretch your body. Enjoy the benefits of increased fitness and better posture.

Simple Stretch - Stretching is an important part of any workout routine. This class focuses on working to improve flexibility, circulation, balance, and strength while reducing stress. A fun and easy to follow class for any age group.

Total Body Toning is a 60 minute class that targets specific muscle groups to tone and sculpt your body while keeping your heart rate up too!

Total Core/Core & More - This class gets to the "core" of the issue fast! This 30 minutes workout will work your abs & back to make all your workouts safer & stronger. Core & More also includes legs!


Turbo Kick - A high energy cardio kickboxing class that combines a variety of different punches, kicks and dance moves.

Water Polo - Class reinforces basics of water polo, pick up games, and provides a great workout! For beginners and experienced players alike. Participants should be comfortable swimming.

Water Aerobics - Offers participants the freedom of movement through water. This class is great for cardiovascular exercise. Aqua belts, bar-bells, and water noodles are provided.

Zumba is a Latin based dance/FITNESS class designed for everyone. It's fun, different, easy and effective.

Group Exercise Card System

If you see this symbol  next to the class on this calendar, pick up a card at the front desk.

Evening Classes: No earlier than 5:30pm ** Exception for Tues/Thurs Zumba**

Morning classes: No more than 1 (one) hour before the class begins

Turn in your card to the instructor just before class begins. Cards are handed out on a first come, first served basis - only one card per guest/class, do not leave facility with card.

*Classes are for 13 yrs and older unless stated otherwise.

**Online/in-house registration will begin at 5:30pm - see the front desk for specifics.

West Sacramento Recreation Center

Kinesis Classes

February 2012

All classes subject to change. Classes are for 13yrs and older unless stated otherwise.

Kinesis Studio - Only 5 participants per class

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10-6:40am (no childcare available)		Kinesis Heather		Kinesis Heather		
9:00-9:30am		Kinesis (Ages 55+) Tianna	Kinesis Tianna	Kinesis (Ages 55+) Tianna		
9:30-10:00am	Kinesis Brittany	Kinesis Tianna		Kinesis Tianna		
10:00-10:30am					Kinesis Brittany	Kinesis Joe/Angelina
10:30-11:00am						
5:30-6:00pm	Kinesis Angelina	Kinesis Kaisa (5:15pm start)				
6:00-6:30pm	Kinesis Angelina					
6:30 -7:00pm				Kinesis Joe		

Visit us online at www.westsacfun.org or call (916) 617-4770

Kinesis is a workout that introduces people to Kinesis with a full body workout. Instructors will vary the type of Kinesis workout instructed (Experience, Foundation, Emerge, Element, Impulse, etc.) and cater to participants abilities. This workout is focused on balance, flexibility, and strength. This class is open to a variety of ability levels. Come with an open mind and ready for a new challenge. Please visit only one class per day as space is limited.

Kinesis 55+ is a beginner /intermediate class that is designed for individuals ages 55+.

KINESIS CLASS INFO:

ONLY 5 participants per class. Sign up at the front counter in person or by phone no earlier than one (1) day in advance, 617-4770. If you sign up, please attend class or call to cancel out of respect for others wanting to participate. Please visit only one class per day as space is limited.



NEW CLASS! Join us for a new SPIN on Kinesis! Many of the classes this month will offer a combo spin/Kinesis workout for a great workout!