

















# West Sacramento Recreation Center

## Group Exercise Classes


### July 2010

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 <b>(6:15-7:00)</b>	Total Core Heather	A.M Pump Heather <b>(6:15-7:00)</b>	
8:15-9:00am		Simple Stretch Tianna	Low Impact Cardio/Tone Michelle	Simple Stretch Tianna		
9:00-10:00am	Total Body Cardio Kick Satu	Pilates Darcy	Total Body Toning Michelle	Pilates Darcy		Zumba Joe/Angelina
10:00-11:00am	Yoga Darcy	Big Feet, Little Feet Tianna 	Yoga Challenge Darcy	Big Feet, Little Feet Tianna 	Fit & Fun Circuit Michelle	
4:00-4:45pm Zumba 5-5:45		Creative Movement Tianna	Zumba 4 Kids  4-7 yrs 4-4:45 8-12 yrs 5-5:45	Creative Movement Tianna		
5:45 - 6:45pm	Cardio Lift Staci  (No class 7/5)	Total Core Heather  <b>(6:00-6:30pm)</b>	Zumba Staci 	Total Core Heather  <b>(6:00-6:30pm)</b>	Circuit & Cardio Power Hour Kenny 	No class July 16th
6:45-7:45pm	Zumba Angelina  (No class 7/5)	Yoga Darcy  <b>(6:30-7:30pm)</b>	Cardio Lift Staci 	Yoga Jolene  <b>(6:30-7:30pm)</b>	<b>Special Class Sampler on Friday, July 16th - see flyer for more details</b>	
7:30-8:30pm		Zumba  Joe		Zumba  Joe		
		Zumba 4 Kids Candice 8-12yrs 		Zumba 4 Kids Candice 8-12yrs 		

#### 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**

**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.

#### Water Aerobics - Lap Pool

Time	Monday	Wednesday	Friday
8:15-9:00am	Senior H2O Michelle 		Senior H2O Michelle 
9:00-10:00am	H2O Aerobics Michelle 	H2O Aerobics Diane 	H2O Aerobics Michelle 
6:00-7:00pm		Deep Water Diane 	Deep Water Michelle 

No class  
July 16th

See other side for Group Exercise class descriptions.

Visit us online at [www.westsacfun.org](http://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.

**Creative Movement** is a class for youth ages 4-10 years and they will learn the basic building blocks of dance. Using skill building exercises, functional coordination, rhythm and creative expression.

**Fit & Fun Circuit** - A 60 minute circuit training workout that will increase your strength and tone & burn your muscles.

**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 (Darcy)** - 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 Cardio Kick** is a 60 minute class that includes 15 minutes of high intensity strength training & 45 minutes of high intensity cardio kickboxing.

**Total Core** - 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.

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


**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. **Deep Water** is for a high impact workout. Must be comfortable in deep water.

**Yoga** – Get your energy moving with Yoga Flow! With the study of Yoga Postures and the principals of alignment and form in the poses - this Vinyasa-style class will improve flexibility, strength, & stamina.

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

**Zumba 4 Kids** is a Zumba class just for kids. See schedule for age groups of classes.

### 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**

**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.

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# West Sacramento Recreation Center

## Kinesis Classes

### July 2010

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	Saturday
6:15-6:45am (no childcare available)		Kinesis Heather <b>(6:10 start)</b>	Kinesis Michelle	Kinesis Heather <b>(6:10 start)</b>	
9:00-9:30am		Kinesis (Ages 55+) Tianna		Kinesis (Ages 55+) Tianna	
9:30-10:00am	Kinesis Darcy	Kinesis (Ages 55+) Tianna		Kinesis (Ages 55+) Tianna	
10:00-10:30am		Kinesis Darcy	Kinesis Michelle	Kinesis Darcy	Kinesis Joe/Angelina
10:30-11:00am					Kinesis Joe/Angelina
5:30-6:00pm	Kinesis Angelina	Kinesis Kaisa	Kinesis Tianna		
6:00-6:30pm	Kinesis Angelina				
6:30 -7:00pm *Mon. 6:45pm	Kinesis Staci (6:45 start)	Kinesis Heather		Kinesis Heather	
7:30-8:30pm		Zumba 4 Kids Candice		Zumba 4 Kids Candice	

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**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, 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.