











West Sacramento Recreation Center

Group Exercise Classes


July 2011

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)	No classes on Monday, July 4th! Facility open 7am-5pm	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 Michelle	Simple Stretch Tianna		
9:00-10:00am	Total Body Cardio Kick Satu	Yoga Raquel	Total Body Toning Michelle	Yoga Raquel	Fit & Fun Circuit Michelle	Zumba Joe/Angelina
10:00-11:00am	Yoga Challenge Raquel	Big Feet, Little Feet Tianna	Pilates Raquel	Big Feet, Little Feet Tianna		
12:10-12:50			Complete Conditioning Staci			
5:45 - 6:45pm	Cardio Lift Staci 	Total Body Cardio Kick - Satu (5:45-6:30pm) 	Cardio Lift Staci 	Core & More Joe (6:00-6:30pm) 	Circuit & Cardio Power Hour Kenny 	
6:45-7:45pm	Zumba Angelina 	Yoga Raquel (6:30-7:30pm) 	Zumba Staci 	Yoga Jolene (6:30-7:30pm) 	No classes on Monday, July 4th! Facility open 7am-5pm	
7:30-8:30pm		Zumba Joe 		Zumba Joe 		

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.

Water Aerobics - Lap Pool

Time	Monday	Tuesday	Thursday	Friday
8:15-9:00am	H2O Aerobics Greg 			H2O Aerobics Michelle 
6:00-7:00pm		H2O Aerobics Michelle 	Deep Water Michelle 	

Special Workouts!
Fitness Camp
Sat, July 23,
10:00-11:15am Cost: \$15
See description for more info.

See other side for Group Exercise class descriptions.

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.

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 - 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 full of energy! Approximately 1/3 of the class consists of high intensity strength training & 2/3 of the class consists of high intensity cardio kickboxing.

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!

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.

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

Special Fitness Camp - Cost: \$15, Instructor: Satu This 75 minute Fitness Camp will have you moving and burning calories! Includes various cardio drills, strength, kick pads, boxing gloves/mitts, abs and much more! This is a fun and exciting way to get in shape! - Camp runs Sat, July 23, sign up at the front desk.



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

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

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Kinesis Classes

July 2011

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
6:15-6:45am (no childcare available)	No classes on Monday, July 4th! Facility open 7am-5pm	Kinesis Heather (6:10 start)		Kinesis Heather (6:10 start)		
9:00-9:30am		Kinesis (Ages 55+) Tianna		Kinesis (Ages 55+) Tianna		
9:30-10:00am	Kinesis Raquel	Kinesis Tianna		Kinesis Tianna		
10:00-10:30am			Kinesis Michelle		Kinesis Michelle	Kinesis Joe/Angelina
10:30-11:00am						Kinesis Joe/Angelina
5:30-6:00pm	Kinesis Angelina	Kinesis Kaisa				
6:00-6:30pm	Kinesis Angelina					
6:30 -7:00pm *Mon. 6:45pm	Kinesis Staci (6:45 start)	Kinesis Satu		Kinesis Joe		

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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, 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.



NEW CLASS! Instructors will start to introduce a new class called **Kinesis Impulse**. This is another unique Kinesis class that focuses on a variety of different movements. Enjoy!

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.