

West Sacramento Recreation Center

Group Exercise Classes


March 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 (6:15-7:00)	Total Core Heather	A.M Pump Heather (Trial) (6:15-7:00)	
8:15-9:00am		Simple Stretch Tianna	Low Impact Cardio/Tone Michelle	Simple Stretch Tianna	Low Impact Cardio/Tone Michelle	
9:00-10:00am	Total Body Cardio Kick Satu	Pilates Darcy	Total Body Toning Michelle	Pilates Darcy	Furlough Zumba 5th,12th,19th - Angelina	Zumba  Joe/Angelina
10:00-11:00am	Yoga Darcy	Big Feet, Little Feet Tianna 	Yoga Darcy	Big Feet, Little Feet Tianna 	Fit & Fun Circuit Michelle	
4:00-5:00pm		Creative Movement Tianna		Creative Movement Tianna		
5:45 - 6:45pm	Cardio Lift Staci 	Total Core Heather  (6:00-6:30pm)	Cardio Lift Staci 	Total Core Heather  (6:00-6:30pm)	Circuit & Cardio Power Hour Kenny 	
6:45-7:45pm	Zumba Angelina 	Yoga Darcy  (6:30-7:30pm)	Zumba Staci 	Yoga Jolene  (6:30-7:30pm)		
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

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

In order to participate, 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.

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

Water Aerobics - Lap Pool

Time	Monday	Wednesday	Friday
9:00-10:00am			Furlough Deep Water - 3/5, 3/12, & 3/19 Michelle
6:00-7:00pm	H2O Aerobics Michelle	Deep Water Michelle	

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 - March

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 heartrate 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 Challenge (Darcy) - Are you ready to add more physical challenge to your yoga class. Come try this power Vinyasa style class and work to find your edge. Movements flow into one another for a faster paced moving meditation. Recommended for participants with some yoga experience.

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. Furlough Zumba will only last as long as State workers have furloughs. Note: classes have specific dates.



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West Sacramento Recreation Center

Kinesis Classes

March 2010

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

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)		Kinesis Element Heather	Kinesis Element Michelle	Kinesis Fusion Heather	Kinesis Element Michelle	
9:00-9:30am	Kinesis Element Darcy (9:30-10:00)	Kinesis Elem. (Ages 55+) Tianna		Kinesis Elem. (Ages 55+) Tianna		
9:30-10:00am		Kinesis Elem. (Ages 55+) Tianna		Kinesis Elem. (Ages 55+) Tianna		
10:00-10:30am		Kinesis Element Darcy	Kinesis Element Michelle	Kinesis Fusion Darcy		Kinesis Element Joe/Angelina
10:30-11:00am						Kinesis Element Joe/Angelina
5:30-6:00pm	Kinesis Element Angelina	Kinesis Element Heather	Kinesis Element Michelle			
6:00-6:30pm	Kinesis Element Angelina					
6:30 -7:00pm *Mon. 6:45pm	Kinesis Element Staci (6:45 start)	Kinesis Element Heather		Kinesis Element Heather		

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Kinesis Element/55+ (Level 1, NO EXPERIENCE NEEDED) is a NEW beginner class that introduces people to Kinesis with a full body workout. 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 Fusion (level 2 & 3) is ONLY for those individuals who have learned all 4 modules of Foundation (level 2) classes and are ready for a new challenge. This advanced class changes the way the level 2 class is done and takes you to the next level in Kinesis workouts which adds more coordination and balance to each movement.

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.