### Group Exercise Room - March 2020

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

#### Time Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00am (no childcare available)</td>
<td>Total Strength 6:00-6:45am Jake</td>
<td>Total Strength 6:00-6:45am Jake</td>
<td>Total Strength 6:00-6:45am Jake</td>
<td>Total Strength 6:00-6:45am Jake</td>
<td>Weekend Warrior 6:00-6:45am Darcy</td>
<td>Weekend Warrior 6:00-6:45am Darcy</td>
</tr>
<tr>
<td>8:00-8:55am</td>
<td>YoPiBarre Stretch Tianna</td>
<td>Whole Body Stretch Tianna</td>
<td>Cardio Motion 9:00-9:45am Jake</td>
<td>Whole Body Stretch Tianna</td>
<td>Low Impact Cardio/Tone Kelly</td>
<td>Low Impact Cardio/Tone Kelly</td>
</tr>
<tr>
<td>9:00-9:55am</td>
<td>Lift, Kick &amp; Punch Satu</td>
<td>Yoga Kristie</td>
<td>Cardio Lift 9:00-9:45am Jake</td>
<td>Yoga Elise</td>
<td>Athletic Barre Satu</td>
<td>Zumba Donna/Ernest</td>
</tr>
<tr>
<td>10:00-10:55am</td>
<td>Stretch &amp; Flex Satu</td>
<td>Bars &amp; Bands Basics Sandi</td>
<td>Big Feet, Little Feet 10:00-10:45 Tianna</td>
<td>Beginning Yoga Only on 03/13 Elise</td>
<td>Yoga Anna/Darcy/ Renee/Brittany/ Elise /Kristie/Karen /Luna</td>
<td>Yoga Anna/Darcy/ Renee/Brittany/ Elise /Kristie/Karen /Luna</td>
</tr>
<tr>
<td>Lunch Hours</td>
<td>Tai Chi 11:45am-12:30pm Daniel</td>
<td>Zumba 12:00-12:55pm Liliana</td>
<td>Zumba 12:00-12:55pm Maria</td>
<td>Zumba 12:00-12:55pm Maria</td>
<td>Zumba 12:00-12:55pm Maria</td>
<td>Zumba 12:00-12:55pm Maria</td>
</tr>
<tr>
<td>5:00-5:45pm</td>
<td>Tone it Up Satu</td>
<td>Yoga 5:00-6:00pm Anna</td>
<td>Tone it Up Satu</td>
<td>Barre Karen</td>
<td>Barre Karen</td>
<td>Barre Karen</td>
</tr>
<tr>
<td>5:45 - 6:45pm</td>
<td>Yin Yoga Luna</td>
<td>Cardio Lift 6:00-6:45pm Briana</td>
<td>Yoga Jolene</td>
<td>Cardio Lift 6:00-6:45pm Briana</td>
<td>Cardio Lift 6:00-6:45pm Briana</td>
<td>Cardio Lift 6:00-6:45pm Briana</td>
</tr>
<tr>
<td>6:50-7:45pm</td>
<td>Family Zumba Ernest</td>
<td></td>
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**Rockwall**

Family Friendly classes are well suited for kids ages 8+. Children must be accompanied by an adult.

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### CLIMBING CLUB

Want to conquer the Rec Center Rockwall? Climbing Club is your chance to learn each route on the wall and boulder. Instructor Kilian will teach how to use proper holds and give you the skill to climb more effectively! Come on and CLIMB!

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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

**Cardiovascular Training:**

- **Cardio Motion** is a low impact cardio class that incorporates basic dance steps, kickboxing & jazz set to the latest music. Class begins with a warm up aerobic segment & ends with strength & stretch.
- **Low Impact Cardio/Tone** will elevate your heart rate with basic aerobic steps, light kickboxing & low weights.
- **Swim Workout** is a 60 min lap swim workout designed to build stamina, stroke technique, & cardiovascular health.
- **Lift, Kick & Punch** is a class for those who like cardio kick boxing. You will get a full body workout using dumbbells, resistance bands and cardiokick segments.
- **Zumba** is a Latin based dance/FITNESS class designed for everyone. It’s fun, different & effective.

**Strength Building:**

- **Athletic Barre** Sculpt & tone your legs & upper body with a combination of barre, core & strength training exercises.
- **Bars & Bands Basics** builds strength & endurance using a variety of equipment including weighted bars & resistance bands.
- **Cardio Lift** combines cardio, strength & conditioning for a full body workout!
- **Climbing Club** is time set aside for those who wish to improve upon their climbing skills. The hours are during staff belay hours but often we will also have our climbing instructor present. The instructor will be available for 2 of the 3 days to teach you the proper climbing technique and how to master the various routes. No experience needed.
- **Tone It Up** combines full body movements including some cardiovascular & strength moves using resistance bands, core exercise & much more!
- **Total Strength** this class is all about building strength in every muscle group. You’ll use bars, bands, dumbbells & more to achieve a full body strength workout.
- **Weekend Warrior** will get you ready for your weekend ahead with a combination of cardio, strength & flexibility.

**Mind/Body/Flexibility Training:**

- **Power Yoga** provides an energetic workout that focuses on linking conscious breathing with a vigorous & mindful Yoga flow.
- **Stretch & Flex** provides a full body stretch with some toning exercises. This class is a great stand alone workout or compliment to a strength or cardio class.
- **Tai Chi** will emphasize conditioning drills to teach Tai Chi's method of structured yet relaxed method of movement. This class is designed for all levels to improve their balance, leg strength, and body awareness.
- **Yoga** will help to tone, strengthen & stretch your body. Enjoy the benefits of increased fitness & better posture.
- **YoPiBarre** provides a mixture of mat pilates, yoga and studio barre. It’s a class for all levels and ages, with integrated modifications.
- **Yin Yoga** is a very slow and gentle practice where poses are held for 3-5 minutes, targeting not only your muscles, but the connective tissues in your body. Paired with mindful breathing and visualization techniques, you'll leave feeling refreshed, restored, and aligned. No yoga experience required!
- **Whole Body Stretch** is designed to open up and stretch your entire body. Movements focus on improving flexibility & circulation, balance & strength. This class is ideal for beginners & intermediate students.

**Family Fitness:**

- **Big Feet, Little Feet** is a class where children (ages 18 months to 3 years) can explore the excitement of dance & movement along with spending time with Mom, Dad or a special grandparent.
- **Family Zumba** is a Latin based dance/FITNESS class designed for everyone (8 and up). It’s fun, different & effective.

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**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 4:30pm

**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.
# West Sacramento Recreation Center

## Kinesis & Spin Classes - March 2020

Kinesis Studio - Only 5-10 participants per class

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00am (no childcare available)</td>
<td></td>
<td>Power Spin 6:00-6:45am Kristy</td>
<td></td>
<td>Power Spin 6:00-6:30am &amp; 6:30-7:00am Kristy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15-9:00am</td>
<td></td>
<td>Spin + Kinesis 8:00-8:45am Briana</td>
<td></td>
<td>Kinesis Sandy</td>
<td>Power Spin Briana</td>
<td></td>
</tr>
<tr>
<td>9:00-9:30am</td>
<td>Kinesis Tianna</td>
<td>Chair Rotation Kinesis Sandy</td>
<td></td>
<td>Kinesis Tianna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30-10:00am</td>
<td>Kinesis Tianna</td>
<td></td>
<td></td>
<td>Kinesis Tianna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:15pm</td>
<td>Strength Kinesis 5:45-6:15pm Marcella</td>
<td>Strength Kinesis 5:45-6:15pm Marcella</td>
<td></td>
<td>Kinesis 5:30-6:00pm Briana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>FIGHT Kinesis 6:15-7:00pm Kyle</td>
<td>Power Spin 6:15-7:00pm Kelly</td>
<td></td>
<td>Power Spin 6:15-7:00pm Kelly</td>
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**Spin+ Kinesis** Combines the cardiovascular conditioning of spin with the core and full body of Kinesis.

**Kinesis** is a workout that is focused on balance, flexibility & strength. This class is open to a variety of ability levels. Come with an open mind & ready for a new challenge.

**Fight Kinesis** combines self-defense, kickboxing, circuit training and cardiovascular conditioning for a fantastic full body workout!

**Chair Kinesis Rotation** helps improve balance, core strength, flexibility, and muscular coordination through the use of directed exercises rotating between chairs and the kinesis modules.

**Power Spin** is a 30-45 min spin class for endurance and a high calorie burn.

**Team Rec Spin** is a 45 min workout that moves with the music and includes upper body exercises.

**KINESIS/SPIN CLASS INFO:**

Limited availability. Sign up at the front desk 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.

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## Water Workouts - Lap Pool

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Silver Sneakers - Silver &amp; Fit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various Times</td>
<td></td>
<td>Swim Workout 5:30-7:00am</td>
<td>Swim Workout 5:30-7:00am</td>
<td>Are you utilizing Silver Sneakers or Silver &amp; Fit? Did you know that checking in at least 2x per week supports the Recreation Center? We highly recommend attending classes to support you in your health goal. Perhaps consider Club 55. Thank you for your attention to your health and also for the support of the Rec Center! Ask the front desk for any questions.</td>
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</table>

| **Silver Sneakers - Silver & Fit** |
|-----------------------------------|-----------------------------------|
| Are you utilizing Silver Sneakers or Silver & Fit? Did you know that checking in at least 2x per week supports the Recreation Center? We highly recommend attending classes to support you in your health goal. Perhaps consider Club 55. Thank you for your attention to your health and also for the support of the Rec Center! Ask the front desk for any questions. |