



January 30-February 28 Fitness

***Class schedule subject to change based on attendance**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	TBC Annie	Cycle Brad	Body Sculpt Brad	Cycle Brad	TBC Annie		
8:10AM						Cycle Brad	
8:15AM	Senior Strength Megan	Senior CardioInterval Becky	Senior Strength Megan	Senior CardioInterval Fran	Senior Strength Megan		
9:00AM						*Muscle Conditioning Brad	
9:15AM				Yoga Fran	Senior Yoga Megan		
10:05AM						*Zumba Kelsey	
10:15AM							*Cycle Strength Rotation
4:30PM		Kickbox Becky		Kickbox Becky			
5:00PM	Cycle Kristen						
5:15PM		Core (30 min.) Becky		Core (30 min.) Becky			
5:30PM			*Zumba Kelsey Cycle Colleen				
5:45PM	*Body Sculpt Brad	*Yoga (@Youth Bldg) Chrissy		*Yoga (@Youth Bldg) Chrissy			
5:50PM				Body Sculpt Brad			
6:30PM			*Boot Camp Paula *Water Aerobics Jaclyn				
7:00PM	*Boot Camp Paula *Water Aerobics Jaclyn						

*1 hour classes. All others are 45 minutes

Class Fees

SCC Members	Free
Resident	\$5/class
Non-Resident	\$7/class

A variety of adult aerobics classes are offered at the Community Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership, show your punch card at the front desk, or pay per visit when you check in at the front desk. Body bars, hand weights, resist-a-balls, resistance bands, kettlebells, and mats are provided. Please consult with your physician prior to beginning any new exercise program. Space in some classes is limited.

Body Sculpt

Feel the burn as you challenge your major muscle groups using a variety of resistance training and tools. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass, tone, and lose inches.

Boot Camp

This class is designed to challenge the athlete inside of us all. You set the pace as we enjoy everything from running and athletic drills to obstacle courses and muscle conditioning. No complicated choreography—just loads of endurance, agility and strength building athletic intervals. Boot Camp will get you feeling stronger with results you will notice. Both men and women are encouraged to attend. This is a great opportunity for spouses/partners to exercise together.

Cycle

An interval class on industrial-strength stationary bicycles set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner—because the resistance and pace can be modified by the individual participant. It's high-energy, motivating and the best calorie-burner.

Cycle strength

Wake up your body and mind as you combine the calorie-burning of cycling with segments of strength and core training to give you a total body work-out in an hour's time. Format will vary from week to week to keep your body guessing.

Muscle Conditioning

This circuit-type of class will surely increase your muscular strength and endurance. Grab a friend and join in a class that you will feel from head to toe.

Senior CardioInterval

Combine fun, fitness, and music to increase your cardiovascular and muscular endurance. We will alternate periods of non-impact cardiovascular work with periods of muscle conditioning exercises. Be ready to challenge yourself while having fun!

Senior Strength

Aimed at the older active adult participant, one will increase muscular strength and range of motion using a variety of resistance tools and exercises for resistance. A chair is available for use for seated and/or standing support.

Senior Yoga

This yoga class will move your whole body through a complete series of seated and standing yoga poses geared towards the older active adult. Chair support is offered to safely perform a variety of postures designed to increase flexibility and balance. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

TBC (Total Body Conditioning)

Kick start your day with a class sure to wake up your muscles and keep them guessing with a variety of class formats depending on the day and the week. This class may utilize dumbbells, resistance bands, kettlebells, medicine balls, BOSU's, etc. to rev up the muscles and get your heart pumping.

Water Aerobics

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. The class is appropriate for all levels of participants as moves can be modified to fit the participant. This class meets at the East Junior High Pool.

Yoga

Create a mind/body connection with yoga. This more traditional yoga class in the hatha style will focus on breathing, flexibility, balance, alignment and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace. (This class meets at the Youth Building/Log Cabin in Lions Park on Tuesday/Thursday evening & at the Community Center on Thursday morning)

Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective work-out. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.