



Summer 2018 Fitness Schedule

May 12th - August 13th

START END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am 7:00am	F45 Studio 45 - Jacki A	F45 Studio 45 - Niki H	F45 Studio 45 - Riley R	F45 Studio 45 - Niki H		
	Cycle-45 Studio B - Chris R	BODYPUMP® Studio A - Emily W	Cycle-45 Studio B - Steph B	BODYPUMP® Studio A - Haleigh J	Cut+15 Synergy - Steph B	
9:00am 9:45am	Silver Splash Pool - Haley C		Silver Splash Pool - Haley C			
10:15am 11:00am	Silver Classic Studio C - Kyle A	Silver Stability Studio C - Kaitlin S	Silver Circuit Studio C - Kirsten W	Silver Stability Studio C - Kaitlin S	Chair Yoga Studio C - Felicia D	F45 Studio 45
10:30am 11:30am						BODYPUMP® Studio A
12:15pm 1:00pm	CUT+15 Studio X - Cody N	CUT+15 Studio X - Sasha B	CUT+15 Studio X - Kirsten W	CUT+15 Studio X - Sasha B	Yoga Flow Studio C - Felicia D	
		Hydro-Yoga Pool - Felicia D		Hydro-Yoga Pool - Felicia D	Aquatic Therapy Pool - Brent S	
5:30pm 6:15pm	Locomotion Studio C - Tracey H		Locomotion Studio C - Tracey H			
	F45 Studio 45 - Drew B	F45 Studio 45 - Michele M	F45 Studio 45 - Drew B	F45 Studio 45 - Aaron P		
5:30pm 6:30pm	BODYPUMP® Studio A - Micah O	BODYCOMBAT® Studio B - Tracey H	BODYPUMP® Studio A - Michele M	BODYCOMBAT® Studio B - Tracey H		
6:00pm 6:45pm	TRX Studio X - Jeremy B	Yoga Flow Studio C - Katie R	TRX Studio X - Jeremy B	Yoga Flow Studio C - Jill M		
	Cycle-45 Studio B - Mark M		Cycle-45 Studio B - Mark M			
			Hydro-Fit Pool - Kaitlin S			
6:30pm 7:30pm	BODYCOMBAT® Studio C - Tracy H	BODYPUMP® Studio A - Micah O	BODYCOMBAT® Studio C - Haleigh J	BODYPUMP® Studio A - Maggie L		
		Zumba Studio A		Encore Studio A - April S		

PREMIUM FITNESS
GROUP FITNESS (FREE W/ MEMBERSHIP)

Book your spot through our mobile app (Marshall Rec Account) or visit our ProShop to purchase your pass today!

Get the boutique experience at the Rec with our Premium Fitness classes. Smaller class sizes, tailored workouts, and new equipment blend together to bring you the ultimate fitness experience.

PREMIUM FITNESS PASS PRICES

	Single	5	10
Student	\$5	\$15	\$25
Member	\$6	\$20	\$30
Non-Mem	\$16		

* Classes subject to change *



Contact JoEllen Cornelius for more info.
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Group Fitness (Free w/ membership)

Cycle-45

This class is 45 minutes of hills, flats, sprints and everything in between! A challenging class driven by incredible playlists and motivating instructors. Get ready to sweat, work hard and have fun!

ZUMBA

ZUMBA is a fusion of Latin and International music / dance themes that create a dynamic, exciting atmosphere, and is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic / fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

SilverSneakers

We offer Classic, Circuit, Stability, and Splash all meant to improve range of motion, muscle strength, and activities of daily living.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga. You will practice yoga sitting in a chair or standing using the chair for support throughout each flow.

Yoga Flow

Yoga Flow focuses on linking conscious breath with a vigorous and mindful flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

CUT+15

Cross Training Under Thirty is an all-out circuit style workout that focuses on a particular muscle group each class.

BODYPUMP®

Get lean, build strength and tone muscle with BODYPUMP®, a group-based barbell class to work all your major muscle groups. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

TRX

Join us for a combination of TRX Strength and Cardio exercises. Build overall strength, balance and flexibility with this total-body conditioning program.

Locomotion

Join us for 20 minutes of easy to follow low-impact aerobics, followed by 20 min of endurance based strength training. This low impact, high volume class will help improve activities of daily living and increase balance and flexibility. With the use of stability balls, dumbbells and more, this class will always feel new and interesting.

Aquatic Therapy

Aquatic therapy refers to water-based treatments or exercises of therapeutic intent, in particular for relaxation, fitness, and physical rehabilitation. Treatments and exercises are performed while floating, partially submerged, or fully submerged in water.

Premium Fitness

Hydro-Fix

Get a full body workout all on the water! This class is a low-impact, high intensity, cross training workout performed on an inflatable SUP board.

Hydro-Yoga

Merge breath and movement to strengthen the body and mind. This yoga flow class is performed on an inflatable SUP board in the water.

BODYCOMBAT®

Join this high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

F45

F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 27 different, 45 minute workout experiences, with more in development by the F45 Athletics Department. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. To ensure a safe and comfortable experience for all participants, entry to classes will not be permitted later than 5 minutes past the class start time.