

# January Group Fitness Schedule



[www.parkcityrecreation.org](http://www.parkcityrecreation.org)  
435-615-5401

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 am Bootcamp Anna - Studio B 8:00 - 9:00 am Total Body & Barre Sculpt Claire - Studio B 9:00 - 10:00 am Zumba Karrin - Studio B 9:30 - 10:30 am Power Yoga Lauren - Studio C 10:00 - 10:45am Strength & Stretch Karrin- Studio B 10:45 - 11:45 am Pilates Lauren- Studio C 12:00 - 12:45pm Strength & Conditioning Trent-Studio B 5:00 - 6:00 pm Pain Free Posture Dee- Studio B 5:30 - 6:30 pm Cycling Tammar-Studio A	6:30 am - 7:30 am Cycling Trent- Studio A 8:00 - 9:00 am Bosu Faye - Studio B 9:00 - 10:00 am eLIGNABAR® Faye - Studio B 10:00 - 10:45 am Stretch & Mobility Faye - Studio B 10:30 - 11:30 am Pilates Heagen- Studio C 11:00 - 11:45 am BodyFit Wendy- Studio B 12:00 - 12:45 pm LOCALspin Wendy- Studio A 5:30-6:30 pm Rhythm Cycling Stephanie- Studio A 6:00 - 7:00 pm Apres Ski Yoga Allison- Studio C	7:00 - 8:00 am Tabata Laura- Studio B 8:00 - 9:00 am Total Body & Barre Sculpt Claire - Studio B 9:00 - 10:00 am Zumba Karrin - Studio B 9:30 - 10:30 am Power Yoga Lauren - Studio C 10:00 - 10:45am Strength & Stretch Karrin- Studio B 10:45 - 11:45 am Pilates Lauren- Studio C 12:00 - 12:45 pm Strength & Conditioning Megan- Studio B 4:30 - 5:15 pm BodyFit Wendy- Studio B 5:30 - 6:30 pm Cycling Wendy-Studio A	6:30 am - 7:15 am Rhythm Cycling Stephanie - Studio A 7:30 - 8:30 am Yoga Sculpt Stephanie- Studio C 8:00 - 9:00 am Bosu Faye - Studio B 9:00 - 10:00 am eLIGNABAR® Faye - Studio B 10:00 - 10:45 am Stretch & Mobility Faye - Studio B 10:45 - 11:45 am Pilates Heagen- Studio C 11:00 - 11:45 am BodyFit Wendy- Studio B 12:00 - 12:45 pm LOCALspin Wendy- Studio A 4:30-5:15 pm Family Fitness Katie - Studio B *1/9-1/30	7:00 - 8:00 am Bootcamp Laura- Studio B 8:00 - 9:00 am Strength & Conditioning Allison - Studio B 10:00 - 11:00 am Gentle Yoga Celine -Studio C 11:00 - 12:00 pm Pilates Celine- Studio C 12:00 - 12:45 pm Strength & Conditioning Miranda- Studio B 12:45 - 1:30 pm Mobility Miranda- Studio B	8:00 - 9:00 am Bosu Faye - Studio B 8:30 - 9:30 am Cycling Stef-Studio A 9:00 - 10:00 am eLIGNABAR® +Pilates Faye - Studio B 10:00 - 11:00 am Yoga Stef- Studio C 10:00 - 11:00 am Stretch & Roll Faye - Studio B 11:15 - 12:15 pm Active Living: Strength & Balance Celine- Studio B 2:00-3:30 pm Martial Art Systema Mark - Studio C	4:00 - 5:15 pm Vinyasa Flow Yoga Meri- Studio C
<b>Cycling</b>	<b>Cardio</b>	<b>Mind &amp; Body</b>	<b>Strength</b>	<b>Interval</b>	<b>Registration Required</b>	<b>NEW classes &amp; changes noted in RED</b>

# Class Descriptions

**Active Living Fitness** - Class focuses on using functional training to improve strength, flexibility, and balance. Optional equipment such as wall bars, weights, stretching bands, balls and chairs can be used to customize performance of exercises. Movements focus on strengthening legs, core, and upper body for a total body workout designed to help you enhance your active Park City lifestyle.

**Bare** - A low impact and encorporates strength training through isometric movements, high repetition and powerful holds. This full body workout focuses on all the major muscle groups: core, glutes, arms, thighs, and back body resulting in increased flexibility, and improved overall posture and balance.

**BodyFit** - A fun interactive class that wakes up your agility and stamina level with intervals of strength and cardio exercises. A 45 minute workout that leaves you with a sweat!

**Bootcamp** - An effective, time-efficient workout blast. This workout builds lean muscle with big multi-purpose moves that work the entire body.

**Bosu** - Join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

**Cycling** - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

**ELGIMBAR®** - A fundamental core strength and stability class using the light-weight ELGIMBAR® that promotes correct spinal alignment while targeting core muscles to achieve overall conditioning.

**Pain Free Posture** - This class, taught in the eggscue method, puts your body into correct postural alignment through a series of exercises that will improve function, reduce compensations, and return your body to its original function.

**Pilates** - Pilates improves your core strength, strengthens and lengthens the entire body, proves posture, balance, coordination and mind/body awareness.

**Strength Conditioning** - Focuses on fundamental movement patterns; squat, hinge, lunge, push, pull, carry and locomotion. These movement patterns build strength and reduce risk of injury.

**Stretch/Mobility/Foam Rolling** - These classes are essential for injury management and sustaining your favorite activities.

**Systema** - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

**Total Body & Barre Sculpt** - A dynamic combo of Pilates, Barre, and Strength Conditioning

**Apres Yoga** - Wind down after a day on the snow with a gentle flow, focusing on restorative movement.

**Gentle Yoga** - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

**Power Yoga** - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in everyday life. You are guaranteed a workout and will feel more empowered upon leaving.

**Vinyasa Yoga** - A mindful class for all levels. Focus on breath and alignment provides students the opportunity to make the class their own. Everyone is welcome!

**Walk & Talk** - An all abilities social walk around the track. Participants can stay with the group or walk at their own pace. Your goal is 7 laps!

**Yoga Sculpt** - A strong focus on strength & toning. Sculpt waves in hand weights & other equipment and targets building strength & cardio. Expect Barre & Pilates movements - to the beat - while using yoga positions to open and elongate.

**Zumba** - A fitness classic! Learn the choreographed steps to Latin music, sure to give you a great cardio workout.