



# September Group Fitness Schedule

Virtual	Wednesday	12:00 PM	Vinyasa Yoga	Kati
Monday	Studio B	7:00 AM	Bootcamp	Anna
	Leisure Pool	8:30 AM	Aquafit*	Anna
	Studio B	9:00 AM	Step	Karrin
	MARC Park	9:30 AM	Power Yoga	Lauren
	Lap Pool	12:00 PM	Masters Swim	Katie
	Studio B	12:00 PM	Bootcamp	Miranda
Tuesday	Studio B	5:30 PM	Pain Free Posture	Dee
	PCSC Fit Park	7:15 AM	Grassfed Bootcamp*	Miranda
	Studio B	8:00 AM	Bosu (45)	Faye
	Leisure Pool	8:30 AM	Aquafit*	Whitney
	Studio B	9:00 AM	eLIGNABAR®	Faye
	Studio B	10:05 AM	Stretch & Mobility	Faye
Wednesday	Studio A	12:00 PM	Cycling (45)	Helen
	Prospector Park	5:30 PM	Yoga Hike	Claire
	Studio B	6:30 PM	High Fitness	Haley
	MARC Park	8:00 AM	Pilates	Claire
	Leisure Pool	8:30 AM	Aquafit*	Steph
	Studio B	9:00 AM	Step	Karrin
Thursday	MARC Park	9:30 AM	Power Yoga	Lauren
	Lap Pool	12:00 PM	Masters Swim	Katie
	Studio B	12:00 PM	Bootcamp	TBD
	Studio B	5:30 PM	Stretch & Mobility	Katie
	PCSC Fit Park	7:00 AM	Grassfed Bootcamp*	Anna
	Studio C	7:00 AM	Sunrise Yoga	Lindsey
Friday	Studio B	8:00 AM	Bosu (45)	Faye
	Leisure Pool	8:30 AM	Aquafit*	Anna
	Studio B	9:00 AM	eLIGNABAR®	Faye
	Studio B	10:05 AM	Stretch & Mobility	Faye
	Studio A	12:00 PM	Cycling (45)	Helen
	Studio B	7:00 AM	Bootcamp	Laura
Saturday	Leisure Pool	8:30 AM	Aquafit*	Laura
	Studio B	8:30 AM	Step	Shirin
	MARC Park	10:00 AM	Gentle Yoga	Shirin
	Lap Pool	12:00 PM	Masters Swim	Katie
	Studio B	12:00 PM	Bootcamp	Miranda
	Studio A	8:30 AM	Cycling (Beg. 9/11)	Mitzi
Sunday	Studio B	8:00 AM	Bosu	Faye
	Studio B	9:00 AM	eLIGNABAR® + Pilates	Faye
	Studio B	10:05 AM	Foam Roll	Faye
	MARC Park	10:00 AM	Vinyasa Flow Yoga	Leslie
	MARC Park	2:00 PM	Systema	Mark
	Studio C	4:00 PM	Vinyasa Flow Yoga	Penny & Kristin

Prospector Park: 2500 Wyatt Earp Way

PCSC Fit Park: 600 Gilmore Way

\*Final aquafit classes will be held the week of 9/6

\*Final grassfed bootcamp classes will be held the week of 9/13

Park City MARC & Recreation

1200 Little Kate Road

435-615-5400

www.parkcityrecreation.org

## Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, all classes are at your own risk.

**Aquafit** - A seasonal favorite - join us in the leisure pool for a variety of low impact workouts that will increase strength, cardio, balance, and give you a great sense of community.

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

**Bosu**— Come 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.

**eLIGNABAR®** - A fundamental core strength and stability class using the light-weight eLIGNABAR® that assists your posture into correct spinal alignment while targeting those core muscles to achieve overall conditioning.

**High Fitness** - A high energy fitness class that incorporates interval training with pop music and easy to follow choreography.

**Masters Swim** - Get your laps in while perfecting form for the most efficient stroke. Yardage varies by workout, break it down however best fits your lunch hour.

**Pain Free Posture** - Using the egosque method, put your body into correct postural alignment through a series of exercises which will improve function, reduce compensations, and return your body to its original functional blueprint.

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

**Step** - This long lasting class still offers the benefits of low impact cardio while enjoying upbeat music and improving strength.

**Stretch/Mobility/Foam Rolling** - These classes are an essential key in 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.

### **Yoga:**

**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 every day life. You are guaranteed a workout and feeling more empowered upon leaving.

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

**Yoga Hike** - Take a small hike up the local trails of Prospector Park to warm up. Then return to the park for a flow stretch style class to improve flexibility and mobility.