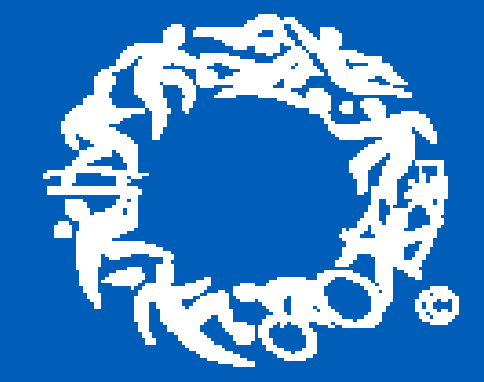


# March Group Fitness Schedule



pcmarc

www.parkcityrecreation.org

435-615-5401

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> 6:30 - 7:30 am <b>Cycling</b> Penny- Studio A</p> <p> 7:00 - 8:00 am <b>Bootcamp</b> Anna - Studio B</p> <p> 8:00 - 9:00 am <b>Barre</b> Stacie - Studio B</p> <p> 9:00 - 10:00 am <b>Cardio Kickbox</b> Karrin - Studio B</p> <p> 9:30 - 10:45 am <b>Power Yoga</b> Lauren - Studio C</p> <p> 10:00 - 10:30 am <b>Strength</b> Karrin- Studio B</p> <p> 11:00 - 12:00 pm <b>Pilates</b> Lauren- Studio C</p> <p> 11:00 - 11:45 am <b>Cycling</b> Katie- Studio A</p> <p> 12:00 - 12:45pm <b>Strength &amp; Conditioning</b> Katie - Studio B</p> <p> 12:00 - 1:00 pm <b>Flow Yoga</b> Kristy- Studio C</p> <p> 5:00 - 6:00 pm <b>Pain Free Posture</b> Dee- Studio B</p> <p> 6:00 - 7:00 pm <b>Cycling</b> Tammar-Studio A</p>	<p> 6:30 - 7:30 am <b>Cycling</b> Shan - Studio A</p> <p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> 9:00 - 10:00 am <b>eLIGNABAR®</b> Faye - Studio B</p> <p> 10:00 - 10:45 am <b>Stretch &amp; Mobility</b> Faye - Studio B</p> <p> 10:30 - 11:30 am <b>Pilates</b> Heagen- Studio C</p> <p> 11:00 - 11:45 am <b>LIIT</b> Helen- Studio B</p> <p> 12:00 - 12:45 pm <b>Cycling</b> Helen - Studio A</p>	<p> 7:00 - 8:00 am <b>Tabata</b> Laura- Studio B</p> <p> 8:00 - 9:00 am <b>Barre</b> Stacie - Studio B</p> <p> 8:30 - 9:30 am <b>Pilates</b> Claire- Studio C</p> <p> 9:00 - 10:00 am <b>Cardio Kickbox</b> Karrin - Studio B</p> <p> 9:30 - 10:45 am <b>Power Yoga</b> Lauren - Studio C</p> <p> 10:00 - 10:30 am <b>Strength</b> Karrin - Studio B</p> <p> 12:00 - 12:45 pm <b>Strength &amp; Conditioning</b> Megan- Studio B</p> <p> 12:00 - 1:00 pm <b>Power Flow</b> Jean Marie- Studio C</p> <p> 2:00 - 2:45 pm <b>Walk &amp; Talk</b> CJ- Track</p> <p> 6:00 - 7:00 pm <b>Cycling</b> Miranda-Studio A</p>	<p> <b>NEW</b> 7:00 - 8:00 am <b>Sunrise Yoga</b> Jordan- Studio C</p> <p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> 9:00 - 10:00 am <b>eLIGNABAR®</b> Faye - Studio B</p> <p> 9:30 - 10:30 am <b>Cycling</b> Stef- Studio A</p> <p> 10:00 - 10:45 am <b>Stretch &amp; Mobility</b> Faye - Studio B</p> <p> 10:30 - 11:30 am <b>Pilates</b> Heagen- Studio C</p> <p> 11:00 - 11:45 am <b>LIIT</b> Helen- Studio B</p> <p> 12:00 - 12:45 pm <b>Cycling</b> Helen - Studio A</p> <p> 4:30 - 5:30 pm <b>Apré Ski Yoga</b> Kristy- Studio B</p> <p> 5:30 - 6:30 pm <b>Flow Yoga</b> Kristy- Studio B</p>	<p> 7:00 - 8:00 am <b>Bootcamp</b> Laura- Studio B</p> <p> 8:00 - 9:00 am <b>Cardio Barre</b> Stacie- Studio B</p> <p> 10:00 - 11:00 am <b>Gentle Yoga</b> Shirin- Studio C</p> <p> 12:00 - 12:45 pm <b>Strength &amp; Conditioning</b> Miranda- Studio B</p> <p> 12:30-1:15 pm <b>Yoga for Teen Athletes</b> Sienna- Studio C</p> <p> 12:45 - 1:30 pm <b>Mobility</b> Miranda- Studio B</p>	<p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> 8:30 - 9:30 am (45-60 min) <b>Cycling</b> Team- Studio A</p> <p> 9:00 - 10:00 am <b>eLIGNABAR® +Pilates</b> Faye - Studio B</p> <p> 10:00 - 11:00 am <b>Yoga</b> Stef- Studio C</p> <p> 10:00 - 11:00 am <b>Stretch &amp; Roll</b> Faye - Studio B</p> <p> 2:00-3:30 pm <b>Martial Art Systema</b> Mark - Studio C</p>	<p> 4:00 - 5:15 pm <b>Vinyasa Flow Yoga</b> Penny &amp; Laura- Studio C</p> <p> Wednesday 12:00 - 12:45 pm <b>Yoga</b> Kati</p>

Cycling

Cardio

Mind & Body

Strength

Interval

**Virtual**



# 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, however all classes are at your own risk.

**Aquafit** - Fun low impact workouts that build strength, balance, and cardio to good music and good company in the leisure pool.

**Barre** - Barre 50 is low impact and encompasses 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 strength, increased flexibility, and improvement with overall posture and balance.

**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.

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

**LIIT** - Same great interval training workout with a more gentle approach to your joints.

**Pain Free Posture** - This class, taught in the egosque 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 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 standing class offers the benefits of low impact cardio while enjoying upbeat music and improving strength.

**Strength Conditioning** - Focus 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.

**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!

**Yoga for Teen Athletes** - Unleash your teen athlete's full potential through yoga, mindfulness, and strength training. This class is a perfect way for your athlete to take their sports to the next level.

**Yin Flow** - Deep Restorative Stretching