SPECIALTY FITNESS
AT SOUTHEAST RECREATION CENTER

YOGA FLOW
Ages 16 and older
Yoga Flow incorporates foundational yoga postures in a flowing style, connecting your breath to your movement. With emphasis on proper alignment, you will move mindfully while building strength, balance, and flexibility on the yoga mat. Open to all levels, with modifications provided when necessary.

• 71259 Nov. 7-28
  • Tuesdays, 9-10 a.m.
  • $25 ($20 Resident)
• 71264 Nov. 2-30
  • No Class Nov. 23
  • Thursdays, 9-10 a.m.
  • $25 ($20 Resident)
• 71277 Nov. 4-25
  • Saturdays, 9:15-10:15 a.m.
  • $25 ($20 Resident)

BARRE+
Ages 16 and older
Don’t worry, you don’t need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you’ll burn calories and build lean muscle without high impact movements.

• No Class Nov. 23
• 71243 Nov. 2-30
  • Thursdays, 12:30-1:30 p.m.
  • $25 ($20 Resident)

ZUMBA
Ages 16 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

• No Class Nov. 23
• 71249 Nov. 2-30
  • Thursdays, 5:30-6:30 p.m.
  • $13 ($10 Resident)

MAT PILATES
Ages 16 and older
Low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

• No Class Nov. 23
• 71274 Nov. 2-30
  • Thursdays, 7-8 p.m.
  • $25 ($20 Resident)

TRX
Ages 16 and older
Don’t worry, you don’t need to wear a tutu! This is a fun hybrid class, a mixture of Barre fitness and Pilates, that improves balance and flexibility. In this class you’ll burn calories and build lean muscle without high impact movements.

• No Class Nov. 10
• 71279 Nov. 3-17
  • Fridays, 9:15-10:15 a.m.
  • $13 ($10 Resident)
SOUTHEAST RECREATION CENTER  DROP-IN CLASSES*

INCLUDED WITH MEMBERSHIP

SILVERSNEAKERS CLASSIC
Ages 50 & older
This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
• Mondays and Wednesdays, 1:30-2:30 p.m.

HIGH FITNESS
Ages 16 & older
High Fitness is a HIIT aerobics class for any age and fitness level. Think old school aerobics transformed into moder, heart pounding fun. Each track alternates high intensity movement combined with moderate active recovery for a highly effective workout. This is a full body workout using no equipment that will improve your endurance, stamina, and strength.
• Tuesdays and Thursdays, 6-7 a.m.

REB3L STRENGTH *NEW TIME*
Ages 16 & older
REB3L STRENGTH is choreographed toning routines set to powerful music. It creates sculpted bodies and builds physical strength using body weight and minimal equipment. Break out of your boring gym routine. Strong is sexy...redefined.
• Wednesdays, 9:45-10:45 a.m.
• Fridays, 5:15-6:15 p.m.

CHAIR YOGA *NEW CLASS*
Ages 16 & older
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
• Mondays, 4:45-5:45 p.m.

BOOTCAMP
Ages 16 & older
Full body workout with a mix of exercises. This motivational class will challenge you to increase intensity and level of fitness. You will tighten, tone, build strength and endurance.
• Mondays, 6-7 p.m.

WERQ *NEW TIME*
Ages 16 & older
WERQ is a fiercely fun dance fitness class, based on Pop, Rock, and Hip Hop music. The warm-up previews the dance steps in class, followed by heart-rate raising pre-choreographed dances and a cool down that combines yoga inspired static stretching and balance poses. Come enjoy some heart happy cardio.
• Tuesdays, 6:30-7 p.m.

BELLY DANCE
Ages 16 & older
Find self-love and release while blending different sounds and dance styles with the ancient art of Belly Dance. There will be choreographies and combinations that are inspired by fantasy re-creations of cabaret, folk and ATS style Belly Dance with moves from Hip Hop, Jazz, Flamenco, and contemporary styles. Come connect to your strength, love your body and get creative.
• Tuesdays, 7:15-8:15 p.m.

WEXER YOGA
Ages 16 & older
Following along this virtually led class with our Wexer system. Classes are programmed for an intermediate level intensity, range in a duration of 30-45 minutes and rotate instructors each week. Mats and equipment are available for use in the studio.
• Mondays, 7-8 p.m.

ZUMBA GOLD
Ages 50 & older
All the fun of ZUMBA in an easy to follow format lasting 45 – 50 minutes. This class will focus on co-ordination and balance as well as range of motion. Come ready to sweat and prepare to leave HAPPY!
• Fridays, 12:15-1:15 p.m.