SPECIALTY FITNESS
AT CENTRAL RECREATION CENTER

HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strengthened and energized. Stress reduction and breathing techniques are used for total wellness.
74475 Jan. 8-29
• Monday, 9-10 a.m.
• $19 ($15 Resident)
74487 Jan. 3-24
• Wednesday, 9-10 a.m.$25 ($20 Resident)

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.
74470 Jan. 8-29
• Monday, 6-7 p.m.
• $19 ($15 Resident)
74971 Jan. 4-25
• Saturday, 8:15-9:15 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.
74480 Jan. 2-30
• Tuesday, noon-1 p.m.
• $16 ($13 Resident)

POP and 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.
74481 Jan. 3-24
• Wednesday, 5:30-6:30 p.m.
• $13 ($10 Resident)

MAT PILATES
Ages 16 and older
Total body conditioning exercises that combine flexibility and strength to improve posture, develop mind/body uniformity, and provide balance and focus on strengthening the core.
74474 Jan. 2-30
• Tuesday, 9-10 a.m.
• $31 ($25 Resident)
74473 Jan. 4-25
• Thursday, 10:30-11:30 a.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.
74490 Jan. 6-27
• Saturday, 10-11 a.m.
• $13 ($10 Resident)

XTREME HIP HOP
with KEYTA
All ages
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.
75810 Jan. 7-28
• Sunday 10-11 a.m.
• $50 ($40 Resident)
YOGA FUNDAMENTALS  
**Ages 16 and older**

Are you curious about yoga? Looking to deepen your understanding about the practice you already have? Yoga Fundamentals classes are for beginners and anyone else who is interested in reviewing the essential elements of a yoga practice. Focus includes the shapes of the postures, principles of alignment, utilizing the breath, and learning the language of the practice. Props, modifications, and simple flows will guide you further into your new and deeper yoga practice.

• First Monday of each month  
  12:30–1:30 p.m.

INTRODUCTION TO TRANSFORMATIONAL FUSION BELLY DANCE  
**Ages 16 and 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.

• Mondays, 7:15–8:15 p.m.

SILVERSNEAKERS CLASSIC  
**Ages 50 and older**

his class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

• Mondays, 11 a.m.–noon  
• Tuesdays and Thursdays, 9–10 a.m.

REB3L GROOVE  
**Ages 16 and older**

REB3L GROOVE fuses hard hitting choreography with HIIT mechanics and powerful music, resulting in a high intensity, boot-camp style dance fitness format. It is sexy...redefined. All fitness levels are welcome, no dance experience is needed. You will leave feeling inspired, motivated, strong and empowered.

• Mondays, 5–6 p.m.  
• Wednesdays, 6–7 p.m.

REB3L STRENGTH  
**Ages 16 and 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.

• Mondays, 6–7 p.m.  
• Wednesdays, 5–6 p.m.

RHETMYC CYCLE  
**Ages 16 and older**

The instructor will guide participants through workout phases that include; warm-up, steady up-tempo cadences, sprints, climbs, and cool down. Participants control the resistance of the bicycle, and thus the challenge. Great energy and fabulous music. Cycle shoes and tennis shoes acceptable.

• Mondays, 10:45–11:45 a.m.  
• Wednesdays, 6:45–7:45 p.m.  
• Saturdays, 9:45–10:45 a.m.

LUNCH EXPRESS  
**BOOTCAMP**

**Ages 16 and older**

This 45-minute express class focuses on high-intensity interval training. It is a total body workout meant to get that heart rate up and muscles firing.

• Mondays, noon–12:45 p.m.  
• Wednesdays, noon–12:45 p.m.  
• Fridays, noon–12:45 p.m.

WERQ  
**Ages 16 and 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, 8:15–8:45 a.m.

BARBELL BLAST  
**Ages 16 and older**

Focusing on barbells and free weights this class will challenge your strength while elevating your cardiovascular fitness. This class will hit upper body, lower body, and core.

• Tuesdays, 6–7 p.m.

CHAIR YOGA  
**Ages 16 and 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.

• Tuesdays, 10:15–11:15 a.m.  
• Thursdays, 10:15–11:15 a.m.

ZUMBA GOLD  
**Ages 50 and 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!

• Wednesdays, 9–10 a.m.

BOOTCAMP  
**Ages 16 and 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.

• Thursdays, 6:15–7:15 p.m.

SILVERSNEAKERS CIRCUIT  
**Age 50 and older**

Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.Weights, resistance bands, and a SilverSneakers ball, and chair are used.

• Fridays, 9–10 a.m.