

# Clarinda Lied Center

## Group Fitness Class Schedule – February 2012

### Monday

6:00 – 7:00 a.m. Clarinda Pump / Allie  
8:00 – 8:45 a.m. Water Exercise / Leona  
8:45 – 9:45 a.m. PiYo™ / Erika  
10:00 – 10:50 a.m. Ageless Yoga / Leona

5:30 – 6:30 p.m. R-I Training / Sara  
7:00 – 8:00 p.m. Turbo Kick® / Erika

### Tuesday

6:00 – 7:00 a.m. Arms & Core / Travis  
8:00 – 8:45 a.m. Water Exercise / Amanda  
10:00 – 11:00 a.m. Clarinda Pump / Brenda

4:30 – 5:15 p.m. Arms & Core / Erika  
5:30 – 6:15 p.m. Water Exercise / Leona  
7:00 – 8:00 p.m. Fitness Yoga / Sara

### Wednesday

6:00 – 7:00 a.m. Step Interval / Sara  
8:00 – 8:45 a.m. Water Exercise / Leona  
8:45 – 9:45 a.m. Turbo Kick® / Jen D.  
10:00 – 10:50 a.m. Ageless Yoga / Sara

5:30 – 6:30 p.m. Clarinda Pump / Allie

### Thursday

6:00 – 6:45 a.m. Water Exercise / Jen. D  
6:00 – 7:00 a.m. Legs & Core / Jenn S.  
8:00 – 8:45 a.m. Water Exercise / Jen D.  
10:00 – 11:00 a.m. Clarinda Pump / Brenda

4:30 – 5:15 p.m. Legs & Core / Jenn S.  
5:30 – 6:15 p.m. Turbo Kick® / Erika  
5:30 – 6:15 p.m. Water Exercise / Amanda  
6:30 – 7:30 p.m. Fitness Yoga / Cindy  
or Sara

### Friday

6:00 – 7:00 a.m. Clarinda Pump / Sara  
8:00 – 8:45 a.m. Water Exercise / Sara  
8:45 – 9:45 a.m. Reformer Bar, Ring, &  
Upper Body Blast / Jen D.  
10:00 – 10:50 a.m. Ageless Yoga / Leona

### Saturday Morning

9:00 – 10:00 a.m. Rotating Fitness Class  
2/4 – PiYo™ with Erika  
2/11 – Clarinda Pump with Allie  
2/18 – Turbo Kick® with Jen D.  
2/25 – Fitness Yoga with Cindy

### Sunday Afternoon

4:00 – 4:45 p.m. Rotating Fitness Class  
2/5 – Ageless Yoga with Leona  
2/12 – Legs & Core with Jenn S.  
2/19 – Arms & Core with Erika.  
2/26 – Clarinda Pump with Brenda

## Group Fitness Class Descriptions

**Ageless Yoga:** Ageless Yoga is a self-paced stretching class for participants who are looking to increase their muscular flexibility and joint range of motion. Pose modifications will be offered. Class members may participate seated or standing. Ageless Yoga seeks to honor the aging body, yet help participants continue to explore appropriate exercise options building self-confidence. F

**Arms & Core:** Arms and Core is a resistance-based class designed to increase strength in the muscles of the upper-body as well as overall core strength. Different formats and training styles are used to build muscle in the arms, shoulders, chest, back and core in a fun and safe training environment. Your best opportunity to get a stronger posture and lean, sexy arms!

**Clarinda Pump:** Clarinda Pump is a class designed to improve muscular endurance and muscular strength. A new strength training routine will be introduced each month along with a new selection of music. Participants will use a variety of resistance equipment during this full body workout. Clarinda Pump is a class for all fitness levels. Individual participants determine the amount of resistance they use for each exercise.

**Fitness Yoga:** Fitness Yoga is a class that seeks to improve the mind/body connection for participants. The class is designed to improve joint range of motion, balance, muscular endurance and strength. Breath awareness will be emphasized as participants are led through a flow of yoga poses. Yoga mats, blocks, and blankets are provided. Participants should wear comfortable fitness clothing to the class.

**Legs & Core:** Legs & Core is a class designed to train the largest muscles of the body. The strength training exercises taught in this class will focus on the lower body & core. Attend this class to rev-up your daily caloric burn.

**PiYo™:** PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**R-I Training (Resistance Interval Training):** This class is designed with a strict adherence to timed strength training intervals. Participants will complete a timed interval of resistance training. The work interval is immediately followed by a timed active recovery or complete rest period. The research indicates that interval training is very effective at burning fat. R-I Training is for all fitness levels because participants get to decide how hard they will work during each interval.

**Reformer Bar, Ring & Upper Body Blast:** This class utilizes the latest fitness equipment to keep your workouts interesting. Participants will use reformer bars, rings, fitness balls, and dumbbells. The exercises offered in this class originate from Pilates.

**Step Interval:** Step aerobic classes were introduced in gyms across the country in the late 80's. Step classes have survived the test of time proving step is not just a passing fad. Step class is a cardiovascular favorite of many fitness enthusiasts. The height of the step can be tailored to individual need by inserting additional risers under the step. The interval format seeks to provide you with the most effective training for burning fat.

**Turbo Kick®:** Turbo Kick® is the hottest fitness craze! It's an addictive workout that combines shadow boxing, kickboxing, sports drills and simple dance moves in a party atmosphere where losing weight is a side effect of having fun! The class format is specially crafted to strengthen and tone the entire body, reshaping every muscle with a special focus on the abs and waistline.

**Water Exercise:** Water exercise seeks to improve flexibility and range of motion, as well as strengthen and tone muscles. The water promotes a feeling of weightlessness allowing participants to perform exercises with less stress on their joints. The warmth of the water soothes the joints, reduces strain, and eases arthritis pain. It is a great cardiovascular, low-impact workout, good for all ages.