

# GROUP EXERCISE SCHEDULE



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM		<i>Spin Out</i> Rose	<i>Yoga Power</i> Sara	<i>Indoor Cycle</i> Sara		
8 AM	<i>H.I.I.T</i> Sara	<i>Rock Step</i> Rose	<i>Fluid Body Fitness</i> Sara	<i>Rock Step</i> Rose	<i>Zumba</i> Sara	
9 AM	<i>Zumba</i> Rose	<i>Zumba Gold Chair</i> Sara	<i>Zumba</i> Kristy	<i>Fusion Fitness</i> Rose	<i>Breathfull Peace of Mind</i> Sara	<i>Zumba</i> Kristy
9 AM @ Pool	<i>Aqua Power</i> Sara		<i>Aqua Power</i> Sara			
10 AM	<i>Silver Sneakers® Classic</i> Rose	<i>Silver Sneakers® Yoga</i> Sara	<i>Breathe and Balance</i> Rose	<i>Silver Sneakers® Classic</i> Rose		<i>Yoga</i> Sara
5 PM	<i>Yoga</i> Jeanie	<i>Boot Camp</i> Jeanie	<i>Abs Glutes Thighs</i> Jeanie	<i>EVOLVE</i> Jeanie	<i>Yoga</i> Jeanie	
6 PM	<i>Tribal Hip Hop</i> Sara	<i>Zumba</i> Hande	<i>Life Jiu-Jitsu</i> Teddy \$5/person	<i>Zumba</i> Hande		

All classes are 50 minutes of instruction unless otherwise noted. The Cottonwood Recreation Center reserves the right to cancel or change a class if minimum participation is not met.



# CLASS DESCRIPTIONS

CLASSES ARE FREE WITH A REC MEMBERSHIP OR DAY PASS UNLESS OTHERWISE NOTED

## **Abs, Glutes & Thighs with Instructor Jeanie Swesey**

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs- 25 minutes) The second half hour focuses on legs, outer thigh, inner thigh & glutes.

## **Boot Camp with Instructor Jeanie Swesey**

Burn lots of calories while working the whole body in a fun and efficient class.

## **Breathe and Balance with Instructor Rose Ortiz-Unruh**

Lack of movement, not age, causes muscle weakness, loss of bone density and thus balance difficulties. Exercise is the key to a clear, responsive brain promoting a healthy, strong and well balanced body. This class challenges participants by using multifaceted movements, balance postures, resistance tools, and mind exercises. Everyone works at their own level.

## **Breathfull Peace of Mind with Instructor Sara Woolsey**

Awareness of one's own nervous system and bodily harmony is essential for health. In this class, we will absolutely relax and oxygenate our cells. Students will improve clarity and alertness. Blood pressure balances. Gentle guided meditation & visualization for peace of mind.

## **EVOLVE with Instructor Jeanie Swesey**

This class is an all-over body sculpting class. This class will shape you, tone you, increase your strength, balance, and flexibility while burning lots of calories. Evolve your form to a stronger, more confident you!

## **Fitness Fusion**

This class is a strength training class designed to maximize results in a safe, fun & fast-paced format. Participants will use light weights and a yoga mat. Shoes are required. Workout attire should be worn.

## **Fluid Body Fitness with Instructor Sara Woolsey**

This class will focus on the body's connective tissue, also known as fascia. Healthy fascia is hydrated and essential for mobility. We will do dynamic and gentle, heavily researched exercises to increase flexibility and bodily ease.

## **H.I.I.T. with Instructor Sara Woolsey**

Get ready to sweat. 25 minutes of High Intensity Interval Training (H.I.I.T.) utilizes a series of exercises at maximal intensities. This is where results are made, nuff said.

## **Life Jiu-Jitsu Family Classes with Teddy Osburn**

Our classes are for kids ages 5 to 17. Parents may attend classes with their children. Our class focus is to help kids develop the skills needed for basic self-defense. We learn striking and grappling.

## **Rock Step with Instructor Rose Ortiz-Unruh**

Step Aerobics is a timeless, classic cardio workout that delivers results. This class offers a ton of fun and an amazing workout using a 4 to 12 inch raised platform.

## **Silver Sneakers® Classic with Instructor Rose Ortiz-Unruh**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **Silver Sneakers® Yoga with Instructor Sara Woolsey**

Move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Spin Out with Instructor Rose Ortiz-Unruh**

A low-impact, high-intensity full-body workout. This cycling class is not just a workout, it's an experience! Beginner level to Expert.

## **Silver Sneakers® Classic with Instructor Rose Ortiz-Unruh**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Free to all members.

## **Tribal Hip Hop with Instructor Sara Woolsey**

Empowering group dance fitness experience. Groove & ground with African, Caribbean, Hip Hop, Reggae, Latin & Middle Eastern music. Feel free to explore & express yourself. Class is cardio workout with elements of strength & flexibility.

## **Yoga with Instructor Jeanie Swesey**

This Yoga class is for all levels. This class offers restorative yoga poses and deep breathing exercises. Prepare for complete body and mind relaxation and distress from everyday pressures.

## **Yoga with Instructor Sara Woolsey**

A classic study of self-Yoga explores simple yet dynamic body, breath and mental harmonics. We will engage in full breathing practices synergizing mind and body with gentle strengthening and relaxing postures. Mild exercises that enliven and balance the whole system.

## **Yoga Power with Instructor Sara Woolsey**

Based on classical yoga exercises, this class is designed to intensify the strengthening and power-building aspects of the practice. A overall focus on core connectivity and structural alignment will be maintained. Postures will be held longer, yet move at a faster pace to cultivate both the student's endurance and cardio. Special attention will be given to mobility and flexibility training, as well as integration of mental discipline and overall breath fluidity. This class will challenge and inspire!

## **Zumba® with Instructors Hande Tufte, Kristy Harris, Rose Ortiz-Unruh**

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

## **Zumba® Gold Chair with Instructor Sara Woolsey**

This class combines the joy and cardio of Zumba with the safety and ease of chair fitness. Designed for the aging and deconditioned population. Party in the chair, dance to the beat!

## **Aqua Power with Instructor Sara Woolsey**

We are water! Feel weightless and strong in this medium. This class will challenge you and work on your, cardio vascular toning, strength training and mobility dynamics. Feel the stiffness float away!

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**COTTONWOOD RECREATION CENTER • 150 S. 6TH STREET, COTTONWOOD, AZ • 928-639-3200**