




Parks and Recreation

March 2020 Group Fitness Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|--|---|---|--|---|
| 6:30 a.m. | | | InMotion/ Low Impact Laura L. | | InMotion/ Low Impact Laura L. | |
| 7 a.m. | Vinyasa Yoga Grace | TRX Circuits Lora | | NEW CLASS!! TRX 101 Lora | Sunrise Cycle 45 min Bambi | |
| 7 a.m. | | | | NEW CLASS! Kripalu Yoga Sandy Group Fitness Studio 2 | | |
| 8 a.m. | P90x Robbie | Pilates with Props Gail | NEW CLASS!!! Vinyasa Yoga Lia Group Fitness Studio 2 | Good Morning! Yoga Pat Group Fitness Studio 2 | Strength & Core Judy | |
| 9 a.m. | Cardio Kickboxing Emily | Zumba Sarah | Cardio Interval Carey | Zumba Felix | Cardio Hip Hop Emily | Zumba Lindsey |
| | Cycling 60 min/Carey | Cycling 45 min/Carey | Cycling Jill | Cycle & Arms Bambi | | Cycle60 Julie |
| 9 a.m. | Gentle Yoga Paul Group Fitness Studio 2 | | | NEW CLASS! Kripalu Yoga Sandy Group Fitness Studio 2 | Gentle Yoga Paul Group Fitness Studio 2 | |
| 10 a.m. | NEW CLASS!!! Barre Emily Group Fitness Studio 2 | *Kettlebell Fusion Gail Group Fitness Studio 2 | | *Kettlebell Fusion Gail Group Fitness Studio 2 | | |
| | Stretch & Sculpt Carey | Strength Training Carey | Stretch & Sculpt Carey | Strength Training Felix | NEW CLASS!!! Sandbell Strength Emily | Fusion Fitness Julie |
| 11 a.m. | SilverSneakers® Classic Bambi (11:30 a.m.) | Chair Fitness Gail | SilverSneakers® BOOM Move It Gail (11:30 a.m.) | Chair Fitness Gail | SilverSneakers® BOOM Move It Bambi, Carey, Judy (11:30 a.m.) | Align & Flow Yoga (all levels) Laura S. |
| 12 p.m. | SilverSneakers® Circuit Bambi (12:30 p.m.) | SilverSneakers® BOOM Mind Gail | SilverSneakers® Yoga Gail (12:30 p.m.) | SilverSneakers® BOOM Muscle Gail | SilverSneakers® Classic Gail (12:30 p.m.) | |
| 1 p.m. | NEW CLASS! Chair Yoga Sandy (1:30 p.m.) | SilverSneakers® Stability & Balance Gail | SilverSneakers® Classic Bambi (1:30 p.m.) | SilverSneakers® BOOM Mind Gail | SilverSneakers® Stability &Balance Gail (1:30 p.m.) | NEW CLASS!!! SUNDAY's Cycle & Yoga (3pm) |
| 2 p.m. | | Intro to Tai Chi Michael | | Intermediate Tai Chi Michael | | |

All classes are 50 minutes unless specified.
 BLUE highlight = Group Fitness Studio 2 (upstairs)
 YELLOW highlight = Spin/Cycle classes

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SUNDAY |
|-----------|--|---|--|--------------------------------------|--|---|
| 4 p.m. | Yin Yoga Christine | | Restore & Flow Yoga Grace | | | Candlelight Yoga Teresa SUNDAYS Group Fitness Studio 2 |
| 4:30 p.m. | | Balanced Body Pilates Laura S. | | Balanced Body Pilates Laura S. | | |
| 5 p.m. | Barre Christine (45 min) | | Kids Yoga (5-5:30 p.m.) **\$fee based Group Fitness Studio 2 | | | |
| 5:30 p.m. | | TRX Circuit Julie Group Fitness Studio 2 | Youth Yoga (5:30-6:15 p.m.) **\$fee based Group Fitness Studio 2 | Body Sculpt Bambi | | |
| 6 p.m. | Zumba Bess | | Zumba Felix | | 3/13 & 3/27 ONLY Family Zumba (Ages 5+) Beth |  |
| 6:30 p.m. | | NEW CLASS!!! Zumba Melanie | | Cycling Bambi | | |
| 7 p.m. | Integral Yoga Fusion Teresa Group Fitness Studio 2 ----- Cycle & Core Tina | | ----- Cycle & Core Tina | Yoga Paul | | |

***Previous Kettlebell experience required.**
****Extra fee based class.**

Cycling classes - First time cycling please arrive 5 min before class for proper set-up.
 Class cards will be available at the Front Desk 1 hr before each class.
 Maximum of 11 per class for spin, 6 per class for rowing.
TRX Suspension Training classes – maximum of 8 per class.

Recreation Center Phone # 757-259-4200

For access to land and aquatic fitness classes you'll need to purchase a Group Fitness Pass, 10 Tab or Combo Pass from the Front Desk:

- \$50 for JC/W residents - one month unlimited- **with no facility pass**
- \$30 a month for unlimited classes – 1, 3, 6 or 12 month facility pass holder Excluding daily access passes
- \$55 for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

Abram Frink Jr. Community Center Classes

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| 4:30 p.m. | SilverSneakers® Classic Mondays & Wednesdays Sonya | | |
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