

Fitness & Wellness Classes

| GROUP FITNESS CLASSES | | | | | | |
|-----------------------|------------------------------------|--|--|---------------------------------------|---|--|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 - 7:00A | Cardio Resistance Training Todd | | Cardio Resistance Training Karen C. | Step Crystal | Zumba Toning Michelle | Cardio Resistance Training Todd NEW! 7:15-8am |
| 8:00 - 9:00A | Back to Balance * Joey | SilverSneakers Cardio Fit* Trisha | Cardio & Mobility* Joey | SilverSneakers Cardio Fit* Carla | SilverSneakers Yoga Stretch* Dottie | Weekend Warrior Devon* 8:15-9:15a |
| 9:00 - 10:00A | TBC* Karen E. | Hip Hop* Jennifer | Chisel* Karen E. | CRT* Erica | Zumba* Jennifer | Zumba * Shannon 9:30-10:30a |
| 9:00 - 10:00A | | | N.I.A (RM 102)* Valerie | | | |
| 10:00 - 10:30A | | Total 30* Jennifer | | | | |
| 10:00 - 11:00 A | NEW! PiYo* Melanie | | Zumba Shannon L. | Step* Chris K. | Bootcamp* Brittany | |
| 10:30-11:00A | | Step* Chris K. 10:30-11:30a | | | | |
| 11:15-12:15P | SilverSneakers Classic Dottie | | SilverSneakers Classic Dottie | | N.I.A Valerie 11:15-12:15p | |
| 12:15 - 12:45P | | 50/50 Carla | Basic Yoga Dottie 12:30-1:00p | 50/50 Carla | | |
| 5:30 - 6:30P | Pilates Pluss* Tammy | Bootcamp* Devon | Pilates Pluss* Tammy | NEW! Kickboxing Carrie Frye | | |
| 6:30 - 7:30P | TBC* Tanya | Zumba* Jennifer | Hip Hop* Jennifer | Zumba* Shannon L. | | |
| 7:30 - 8:00P | | | Total 30* Jennifer | | | |

| CYCLING CLASSES | | | | | | |
|-----------------|-------------------|-------------------------------|--------------------|-------------------------------|--------------------|---|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:45 - 6:45A | | Cycling Karen C. | Cycling Suzanne | Cycling John* | Cycling Suzanne | |
| 9:00 - 10:00A | Cycling* Carla | Cycling* Kacy | Cycling* Holly | Cycling* Holly | Cycling* Karen | Cycling* Devon 9:30-10:30a |
| 6:30 - 7:30P | Cycling* Carla | NEW! Cycling* Terry | Cycling* Tanya | NEW! Cycling* Trish | | |

All Classes are included with entry into the facility. Age 12+ can participate with an adult.



Child Care Hours:
M- Fri 8:00—11:30am
M-Th 5:30-8:30pm
Saturday 8:00-11:00am

Big Kids Corner:
Ages 7-12 years old
M-Th 5:30-8:30pm
Ends May 26th

■ = Change

| WATER FITNESS CLASSES | | | | | |
|-----------------------|---|-----------------------------------|----------------------|-------------------------|--------------------------------------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:00 - 7:00A | | | | | Water Fitness Level 1* Jaunita |
| 8:00 - 9:00A | SilverSneakers SilverSplash* Jaunita | | H2O Fitness* Cori | | SilverSneakers SilverSplash* Cori |
| 9:00-10:00A | Deep Water* Debbie | H2O Fitness* Debbie | | H2O Fitness* Debbie | Deep Water Level 2* Debbie |
| 6:45 - 7:45P | | NEW! H2O Fitness* Erica | | Aqua Zumba* Priscila | |



BRC Fitness Department

Group Fitness Schedule

Current Fitness Schedule can be found at Brightonco.gov/fit or at the BRC Front Desk.



Brighton
brightonco.gov

Group Fitness

Basic Yoga: Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to clam and strengthen the body

Bootcamp (No Choreography) Bootcamp mixes traditional calisthenics and body weight exercises with interval training and strength training. This challenging class pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.

PIYo is a full-body workout that helps build strength, endurance, and flexibility through a blend of yoga and Pilates. It's perfect for both beginner and advance levels of fitness. This workout is a calorie-torching while safely stretching and gaining long, lean muscles. There is no jumping or weights involved.

Chisel: A total body Barbell strength training class using weighted barbells with multi joint movements for a full body workout that burns fat while building muscle. This class has timed intervals to help you focus on Cardio and Strength.

Core Cuts: Bands and Balls are used in the class to help you cut out that Core! This is s 30 minute class helps strengthen the abdominal area.

CRT Circuit - Cardio Resistance Training

Come challenge the whole body while moving from one timed station to the next. No choreography in this action packed workout. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.

Kickboxing: This high intensity class will use traditional kickboxing movements. The use of weighted gloves and bars will help you increase lean muscle mass and increase cardio endurance.

Hip Hop: Come experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength. This class is designed for all fitness levels.

Nia: Fun, non-impact, high-energy movements conditions your body, mind, emotions, and spirit. Moves and music inspire joy, the choreography draws from a blend of dance arts, martial arts, and healing arts.

Cardio & Mobility: Start your metabolic furnace with low impact cardio while training your muscles to be more mobile. The use of bands, foam rollers, body weight & corrective exercises will be used to help improve mobility and help prevent injury. This class will help you move better, improve your workouts while aiding your bodies recovery.

Pilates-Pluss: It's like Pilates®, but with more fitness tools. Core conditioning, classic mat work and specific choreographed sequences that lengthen and strengthen the muscles.

Pilates & Roll: Pilates and foam rolling will be used during this class. Strengthen the core and benefit from the use of foam rollers. This class will help you ease sore muscles, strengthen your core and increase flexibility.

Zumba Toning: When it comes to body sculpting, Zumba® Toning raises the bar. lightweight, maraca-like Use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

Back to Balance: This class improves balance, posture and functional strength. The use of various types of balancing fitness tools and dynamic cardio movements will strengthen your core and strengthen your heart.

Total 30: This challenging 30 min strength class will strengthen very muscle group. Weight Training is proven to increase metabolism and burn body fat.

Zumba: Zumba combines Latin and international music to make a hip shaking calorie burning workout.

TBC: Strengthen both cardiovascular & muscular systems with the use of free weights, resistance, tubing, body bars & floor exercises. Weights & various fitness tools will be used in the class.

Weekend Warrior: This class is a mix of body weight training, cardio burst and strength training. You will work every muscle group for a full body workout. This format can vary each week.

50/50 Zumba & Toning: This class takes you through a mix of Zumba fitness and exercises that sculpt and tone. . This class will help you burn calories and sculpt and tone your body to a new you.

CycloMax: Join us for a fun a challenging 30 minute ride followed by a 30 minute strength workout done off the bike. The last 30 minutes will take you outside the classroom For a well-rounded strength workout.

SilverSneakers®

SilverSneakers® Fit: Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Hand held weights, elastic tubing with handles are used for progressive resistance training. Chair can be used for stability and/or support for upper body strength exercises and abdominal conditioning. (Level2)

SilverSneakers® Classic: A full body workout using a chair for seated and standing support. Muscular strength and range of movement conditioning is done at a very beginning level. A variety of strength and balance exercises are done using body weight, hand held weights, balls and elastic tubing with handles. (Level 1)

SilverSneakers® Yoga: This class challenges you with a variety of simple and safe yoga exercises you do at your own pace. Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly. (Level 1)

CYCLING CLASSES

Cycling: Come torch calories and ride with us! This Indoor cycling class is an hour long and allows you to be in control of your intensity and resistance. Come burn body fat and start working on muscle endurance.

WATER FITNESS

H2O Fitness: Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. *Come join the Party!*

SilverSneakers® SilverSplash: SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Deep Water: This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.