















Fitness Class Schedule March 1 – March 31, 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:50am	H.I.I.T It Hard Janet	LaBlast Barb	ZUMBA Cindy Chisel Janet	Pilates Lori Align & Flow Yoga Joni 8:00 -9:00 am	Boomer Fitness Cindy		
9:15- 10:05am	Hatha Yoga Gwen (9:15 – 10:30 am)	POP Pilates® Alisa Boomer Fitness Carla	Hatha Yoga Kim (9:15 – 10:30 am)	EnerChi (Tai Chi) Alisa	BARRE above #60424 2/23 – 3/15 (9:15 – 10:15 am)	ZUMBA Nolana 9:00 am – 9:50 am	
10:15- 11:15am		TRX TRAINING #60441 3/12 - 4/2					
4:00- 5:00pm			Youth Yoga Class #60447 March 13				
6:00- 6:50pm	Pilates Lori		FREE REB3L GROOVE Dance fitness March 6th	ZUMBA Nolana		Free Class Fee-based class Takes place in Dakota Room Silver Sneaker/Beginner Appropriate	 KEN-CARYL RANCH METROPOLITAN DISTRICT

Preregistration is required for all classes.

Type	Program	Description	Length	Intensity	Results
	ALIGN & FLOW YOGA	This class is appropriate for everyone. Focuses alignment-based direction, movement (flow) and rest. Greet the sun and start the day nourished, refreshed and ready for the day.	60	Low to Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	BOOMER FITNESS	This class gets your heart rate elevated to improve your cardiorespiratory system, then uses equipment to improve strength, flexibility, range of movement, balance, posture and core condition.	50	Low	<ul style="list-style-type: none"> Increase metabolism Improve heart & lung fitness Tones & shapes Functional strength & balance
	CHISEL	Progressive technique of strength training will continually challenge your muscles; which will change your lean muscle mass, bone density, metabolic rate as well as strength!	50	High	<ul style="list-style-type: none"> Increases strength and endurance Tones & shapes Helps maintain bone health
	ENERCHI	Enerchi is the Silver Sneakers version of Tai Chi. This class provides low-intensity movements that improves balance, reduces stress, improves brain power, helps your heart and improves core strength.	50	Low to Moderate	<ul style="list-style-type: none"> Improves balance Improves core strength Boost brain power Enhances mental wellbeing
	HATHA YOGA	This class explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week.	75	Moderate	<ul style="list-style-type: none"> Improves joint flexibility Tones & shapes Enhances mental wellbeing
	H.I.I.T. IT HARD	This class uses HITT (High Intensity Interval Training), weights and challenging core work to challenge every muscle in your body! All this work is designed to keep your body burning calories for hours after you are done!	50	Moderate To High	<ul style="list-style-type: none"> Increase metabolism Improves agility, coordination, strength & endurance Improves heart & lung fitness
	LABLAST	A dance fitness program with no partner needed. This class uses all genres of music, includes weight training and will get you moving to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz and many more.	50	Moderate	<ul style="list-style-type: none"> Increase metabolism Develops self-expression Improve coordination
	PILATES	This class is designed to develop core strength, mobility and coordination. Using traditional Pilates, yoga poses, stretching, movement patterns and conditioning exercises. Pilates participants will enjoy improvement in posture, flexibility, balance and overall toning.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Core challenges Improves posture & flexibility
	POP PILATES®	POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.	50	Low to Moderate	<ul style="list-style-type: none"> Tones & shapes Core challenges Improves posture & flexibility
	WORKOUT 101	Starting your workout program or want to fine tune it? This is the class to try. This class will provide cardio, resistance, core and stretching exercises as well as information about proper form, posture and muscles engaged during all the levels.	50	Low to Moderate	<ul style="list-style-type: none"> Improves agility, coordination, strength & endurance Improves posture & flexibility Improves heart & lung fitness Improves posture & flexibility
	ZUMBA	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Loads of fun!!!	50	Moderate	<ul style="list-style-type: none"> Increase metabolism Develops self-expression Improve coordination