

Red Mountain Center Group Fitness & Wellness Classes

Monday

Yoga 7:30AM

C1&2 Traci

KickboX 8:30AM

GF Gail

Yoga 8:30AM

C1&2 Traci

Silver Sneakers* 8:30AM
Donna/
Gym Robin

Back to Basics + 9:30AM

Gym Donna

Pilates 9:30AM

C1&2 Jayna

Zumba Gold* 10:30AM

GF Donna

Zumba 5:00PM

MPR-C Emerald

Step/Cycle/
Sculpt 5:00PM

GF Julie H.

Pilates 5:30PM

C1&2 Laura Anne

Yoga + 6:30PM

C1&2 Anna

Tuesday

Power Fit 8:30AM

GF Julie E.

Yoga 8:30AM

C1&2 Donna

Simply Stretch X 9:30AM

GF Donna

Body Sculpt 10:00AM

GF Donna

Zumba* 11:00AM

GF Robin

Silver Sneakers* 11:00AM

Gym Amelia/
Rhonda

Silver Sneakers 12:00PM

Yoga* Rhonda

Cycling+* 4:10PM

GF Danette

Pilates+ 5:00PM

C1&2 Steve

Sculpting 5:00PM

& Abs Danette

Tabata 6:00PM

GF Gloria

Guided Sound 6:15PM

Meditation+ C1&2 Dawn

Wednesday

Tabata 5:35AM

GF Julie E.

Chakra 8:30AM

Yoga C1&2 Traci

Silver Sneakers* 8:30AM

Gym Alisa/
Donna

KickboX 8:30AM

GF Gail

Back to Basics+ 9:30AM

Gym Alisa

Yoga Nidra+ 9:30AM

C1&2 Romie

Silver Sneakers 9:30AM

Yoga* Donna

Zumba Gold* 10:30AM

GF Donna

Zumba 5:00PM

GF Catherine

Yoga+ 5:30PM

C1&2 Steve

Step 6:00PM

GF Robin

Thursday

Power Fit 8:30AM

GF Julie E.

Yoga 8:30AM

C1&2 Donna

Simply Stretch X 9:30AM

GF Alisa

Pilates+ 9:30AM

C1&2 Jayna

Body Sculpt 10:00AM

GF Alisa

Zumba* 11:00AM

GF Amelia

Silver Sneakers* 11:00AM

Gym Alisa/
Rhonda

Silver Sneakers 12:00PM

Yoga* Rhonda

Cycling+* 4:10PM

GF Danette

Sculpting 5:00PM

& Abs Julie H

Pilates 5:30PM

C1&2 Laura Anne

Tabata 6:00PM

GF Gloria

Stress Release Yoga 6:30PM

C1&2 Anna

Friday

Pilates+ 7:30AM

C1&2 Julie H

Yoga 8:30AM

C1&2 Dawn

Silver Sneakers* 8:30AM

Gym Ann/Robin

Step 8:30AM

GF Julie E

Back to Basics+ 9:30AM

Gym Robin

Gong Meditation 9:30AM

C1&2 Dawn

Zumba* 10:30AM

GF Avette

Yoga 5:00PM

C1&2 Steve

Saturday

Yoga 8:15AM

C1&2 Anna

Tabata 8:15AM

GF Robin

Step/Sculpt 9:15AM

GF Robin

Pilates+ 9:30AM

C1&2 Jayna/
Laura Anne

Zumba 10:15AM

GF Catherine/
Erin

- Cardio
- Mixed
- Muscular
- Mind & Body

All Classes run 55 minutes unless stated

* = 45 Minute class
X = 30 Minute class
+ = Family fitness class (ages 8 & up)

Cardio

Back to Basics: a low impact aerobics class for the beginning/intermediate exerciser. Includes cardio and sculpting.

Zumba: a fun cardio class utilizing Latin/international music and Latin/international dance moves to burn calories and tone.

KickboX: a cardio workout that uses punches, kicks, and blocks to increase your heart rate. Work on endurance, strength and coordination while burning tons of calories.

Zumba Gold: this class modifies the moves and pacing to suit the needs of the active older participant and those just beginning the Zumba journey. This is a fun class utilizing Latin music.

Step: moderate to high intensity, low to high impact step aerobics and body toning.

Muscular

Body Sculpt: an overall body workout using bars, weights, balls, etc. to tone and shape.

SilverSneakers: move through a variety of exercises designed to increase muscular strength, range of motion and skills required during activities for daily living. Handheld weights, tubing and ball are offered for resistance and chair used for seated or standing support.

Sculpting and Abs: a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting the abs and more.

Mixed

Power Fit: improves power, muscular endurance, balance, and overall agility. Helps lower body fat by toning and conditioning the body for natural flexibility

Step, Cycle & Sculpt: 20-minute intermediate stepping, 20-minute cycling, 15-minute body sculpting. Time flies by in this class!

Step/Sculpt: is a heart pumping step aerobics routine combined with strength training intervals to give you a complete cardio & weights workout

Tabata: is a workout which will take you to the next level. Participants can expect to improve cardio fitness, decrease body fat and gain lean muscle. Tabata consists of 20 seconds of work and then 10 seconds of rest.

Cycling: is a fun exhilarating way to burn fat, increase strength and improve cardiovascular fitness. This class simulates hill-climbing, sprints, and jumps with motivating music.

Mind & Body

Yoga: focus on strength, flexibility, relaxation and breathing through traditional poses. Slow paced.

Pilates: improve your muscle balance, posture, core stability, spinal alignment, strength, flexibility and control of breath by use of Pilates-based mat exercises.

SilverSneakers Yoga: a variety of safe and fun yoga postures and healthy breathing. A chair is used for support. Participants work at their own pace to build flexibility and endurance.

Simply Stretch: Increase your flexibility, range of motion and balance through deep stretching and breathing.

Yoga Nidra: is a sleep-based meditation, designed to walk you down step-by-step using gentle body movement, breathing and body scanning to bring to the deepest level of relaxation.

Chakra Balancing Yoga: yoga class focusing on the 7 chakra energy centers

Stress Release Yoga: building skills with gentle yoga to help reduce stress and anxiety through breath, movement and centering.

Gong Meditation: release your stress from the week in this 55 minute meditation class. This class uses the sounds and vibrations of the gong to create deep relaxation and state of meditation.

Guided Sound Meditation: enjoy deep peace & relaxation with a guided meditation along with the sound of the gong. This class will also include other meditative sounds that can assist the body into a calm state.