




# January 2023 Group Fitness and Yoga Schedule

**Hours for January**  
 Mon-Thur 5:30am - 8:30pm  
 Friday 5:30am - 7pm  
 Saturday 9am - 3pm

Time	Sunday 1 PM-7 PM	Monday 5:30 AM-8:30 PM	Tuesday 5:30 AM- 8:30 PM	Wednesday 5:30 AM- 8:30 PM	Thursday 5:30 AM- 8:30 PM	Friday 5:30 AM- 7 PM	Saturday 9 AM- 3 PM
8:15 - 9:00 AM		Spinning w/Johanna CXLD 1.2 & 1.16		Spinning w/Johanna CXLD 1.18		<b>REDUCED HOURS/CLOSURES</b> CLOSED Jan 1st - New Years Day OPEN Jan 2nd   9am - 3pm Jan 16th   8am - 3:30pm	
9:30 - 10:15 AM			Spinning w/Johanna CXLD 1.17		Spinning w/Johanna CXLD 1.19		
10:30 - 11:30 AM			Chair-Based Fitness w/Johanna 1.17 SUB Jeanne		Chair-Based Fitness w/Johanna 1.19 SUB Jeanne		
10:30 - 11:45 AM		Yin Yoga w/Jeanne CXLD 1.2	Hatha Flow/Roll L2 w/Jeanne CXL 1.17	Back/Hip/Roll AL w/Jeanne	Hatha Flow/Roll L2 w/Jeanne CXL 1.19		
12:15 - 1:15 PM		Line Dancing w/volunteer Becky				Line Dancing w/volunteer Becky	
3:00 - 3:45 PM	Karate Skills Practice	Facility may close or classes may be canceled at anytime due to staff illness.			 <b>The Rec Center will be doing our annual STAR BOARD!</b>  10-week participation begins Jan 3rd and ends March 14th Everytime you workout at the Rec Center <b>YOU get a STAR!</b> The person with the most stars will receive 2 nights at our Upper Dewey Lake Cabin! Everyone who participates will be entered to win a one-month 		
4:00 - 5:15 PM	Gentle Yoga/Roll AL w/Jeanne						
4:45 - 6:00 PM		Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6		Spin & Stretch w/Cindy & Courtney Spinning 4:45-5:25 Stretch & Roll 5:30-6 Stretch & Roll CXLD Jan 11th			
5:45 - 6:30 PM			Spinning w/Kendra				
5:45 - 7:00 PM			Gentle Yoga/Roll AL w/Jeanne		Restorative Yoga AL w/Jeanne		
6:15 - 7:15 PM		Dance Fitness w/Charity		Dance Fitness w/Charity			

## Class Descriptions

**Back/Hip Yoga:** Yoga practice to support a healthy back and hip region.

Longer holds to correct unbalanced holding patterns.

**Chair-Based Fitness:** Chair based resistance training program for the entire body. Great for beginners too!

**Dance-Fitness:** This class is a full body interval training disguised as dance. A wide mx of dance styles are utilized for easy-to-follow movement. All levels welcome.

**Gentle Yoga/Roll:** Gentle style yoga with passive stretching to reduce stress and tension and improve flexibility. Myofascial release with foam roller and balls.

**Hatha Flow/Roll:** Basic and challenging yoga postures held longer and linked through Vinyasa movement; balancing poses emphasized. Myofascial release with foam roller and balls.

**Line Dancing:** our awesome volunteer Becky will teach some basic line dances and also play Line Dancing DVDs. All members welcome. All dancing levels-even with two left feet.

**Restorative Yoga:** Find deep relaxation practicing gentle yoga poses using various props to support the body. This class is not about feeling a stretch, it is about reducing stress and restoring mind/body balance. This is Yoga for healing.

**Roll:** Foam roller and pinky balls to massage tight muscles.

**Spinning:** A fun low impact group cycling workout with great music that uses endurance, intervals, hills, drills and rhythm to burn fat.

**Spinning for Beginners:** Learn how to set up your bike, introductions to Heart Rate Training, Percieved Exertion, terminology involved in indoor cycling, and focusing on the 5 core movements in Spinning

**Yin Yoga:** Rejuvenate physically and mentally with a practice that is restorative in nature yet allows for a deep release of connective tissue and unbalanced holding patterns.

**Yoga:** Postures (asanas ), breathing techniques (pranayama ), and meditation (dyana ) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

## Yoga Class Ratings

**Level 1 (L1): Beginner Friendly**– Practicing less than 1 year or practitioner is looking for a class that offers modifications for different body types. Class strives to embrace all backgrounds.

**Level 2 (L2): Intermediate**– Practicing at least 1-2 years. Poses are intermediate and held longer. Practitioner is expected to have a fundamental familiarity with basic postures as well as their body alignment and modify as needed. Newer poses introduced.

**Level 3 (L3): Advanced**– Practicing more than 2 years with a deep understanding of breath and body alignment. Poses are intermediate to advanced and can be very challenging in nature.

**All Level (AL):** Great for beginners through advanced practitioners.