
























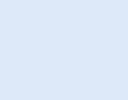
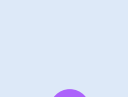
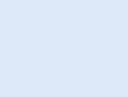
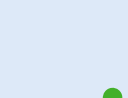

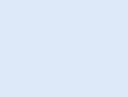
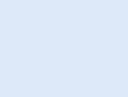
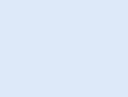












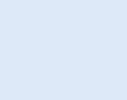
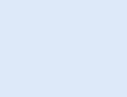
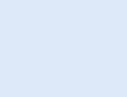














March Group Fitness Schedule



pcmarc

www.parkcityrecreation.org

435-615-5401

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> 7:00 - 8:00 am Bootcamp Anna - Studio B</div> <div> 8:00 - 9:00 am Total Body & Barre Conditioning Claire - Studio B</div> <div> 9:00 - 10:00 am Zumba Karrin - Studio B</div> <div> 9:30 - 10:30 am Power Yoga Lauren - Studio C</div> <div> 10:00 - 10:45am Strength & Stretch Karrin- Studio B</div> <div> 10:45 - 11:45 am Pilates Lauren- Studio C</div> <div> 11:00 - 11:45 am Cycling Katie M.- Studio A</div> <div> 12:00 - 12:45pm Strength & Conditioning Trent- Studio B</div> <div> 5:00 - 6:00 pm Pain Free Posture Dee- Studio B</div> <div> 5:30 - 6:30 pm Cycling Tammar-Studio A</div>	<div> 6:30 - 7:30 am Cycling Trent - Studio A</div> <div> 8:00 - 9:00 am Bosu Faye - Studio B</div> <div> 8:30 - 9:30 am Yoga Movement Shirin - Studio C</div> <div> 9:00 - 10:00 am eLIGNABAR® Faye - Studio B</div> <div> 10:00 - 10:45 am Stretch & Mobility Faye - Studio B</div> <div> 10:30 - 11:30 am Pilates Heagen- Studio C</div> <div> 11:00 - 11:45 am LIIT Helen- Studio B</div> <div> 12:00 - 12:45 pm Cycling Helen- Studio A</div> <div> 12:00 - 1:00 pm Vinyasa Flow Yoga Allison - Studio C</div> <div> 5:30 - 6:15 pm Rhythm Cycling Stephanie H.-Studio A</div> <div> 6:00 - 7:15 pm Yoga 101 Stephanie - Studio C</div>	<div> 7:00 - 8:00 am Tabata Laura- Studio B</div> <div> 8:00 - 9:00 am Total Body & Barre Conditioning Claire - Studio B</div> <div> 9:00 - 10:00 am Zumba Karrin - Studio B</div> <div> 9:30 - 10:30 am Power Yoga Lauren - Studio C</div> <div> 10:00 - 10:45am Strength & Stretch Karrin- Studio B</div> <div> 10:30 - 11:15 am Rhythm Cycling Makensie-Studio A</div> <div> 10:45 - 11:45 am Pilates Lauren- Studio C</div> <div> 12:00 - 12:45 pm Strength & Conditioning Megan- Studio B</div> <div> 5:00 - 600 pm Women's Pelvic Floor & Core Makensie - Studio B</div> <div> 6:15 - 7:15 pm Cycling Miranda-Studio A</div>	<div> 6:30 - 7:15 am Rhythm Cycling Stephanie H. - Studio A</div> <div> 7:30 - 8:30 am Yoga Sculpt Stephanie H. - Studio C</div> <div> 8:00 - 9:00 am Bosu Faye - Studio B</div> <div> 9:00 - 10:00 am eLIGNABAR® Faye - Studio B</div> <div> 10:00 - 10:45 am Stretch & Mobility Faye - Studio B</div> <div> 10:30 - 11:30 am Pilates Heagen- Studio C</div> <div> 11:00 - 11:45 am LIIT Helen- Studio B</div> <div> 12:00 - 12:45 pm Cycling Helen- Studio A</div> <div> 12:00 - 1:00 pm Yoga Jean Marie - Studio C</div> <div> 6:00 - 7:15 pm Yoga 101 Stephanie - Studio C</div>	<div> 7:00 - 8:00 am Bootcamp Laura- Studio B</div> <div> 8:00 - 9:00 am Total Body & Barre Conditioning Allison - Studio B</div> <div> 10:00 - 11:00 am Gentle Yoga Shirin- Studio C</div> <div> 12:00 - 12:45 pm Strength & Conditioning Miranda - Studio B</div> <div> 12:45 - 1:30 pm Mobility Miranda- Studio B</div>	<div> 8:00 - 9:00 am Bosu Faye - Studio B</div> <div> 8:30 - 9:30 am Cycling Stef-Studio A</div> <div> 9:00 - 10:00 am eLIGNABAR® +Pilates Faye - Studio B</div> <div> 10:00 - 11:00 am Yoga Stef- Studio C</div> <div> 10:00 - 11:00 am Stretch & Roll Faye - Studio B</div> <div> 2:00-3:30 pm Martial Art Systema Mark - Studio C</div>	<div> 4:00 - 5:15 pm Vinyasa Flow Yoga TBD- Studio C</div> <div>Virtual</div> <div> Wednesday 12:00 - 12:45 pm Yoga Kati</div>
 Cycling	 Cardio	 Mind & Body	 Strength	 Interval	 Registration Required	

- **NEW** classes & **changes** noted in **RED**
- No Yoga on Easter Sunday, March 31

Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, however all classes are at your own risk.

Barre - Barre is low impact and encompasses strength training through isometric movements, high repetition and powerful holds. This full body workout focuses on all the major muscle groups: core, glutes, arms, thighs, and back body resulting in strength, increased flexibility, and improvement with overall posture and balance.

Bootcamp - An effective, time-efficient workout blast. This workout builds lean muscle with big multi-purpose moves that work the entire body.

Bosu– Join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

Cycling - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

FTP Test - Functional Threshold Power (20 minute test). Utilizing the Stages App, riders will be put to the test to determine your maximum power you can sustain over an hour.

Rythm Cycling- High energy, beat based, choreographed ride.

eLIGNABAR®- A fundamental core strength and stability class using the light-weight eLIGNABAR® that promotes correct spinal alignment while targeting core muscles to achieve overall conditioning.

LIIT - *LOW* intensity Interval Training: Same great interval training workout with a more gentle approach to your joints.

Pain Free Posture - This class, taught in the egosque method, puts your body into correct postural alignment through a series of exercises that will improve function, reduce compensations, and return your body to its original functional blueprint.

Pilates - Pilates improves your core strength, strengthens and lengthens the entire body, improves posture, balance, coordination and mind/body awareness.

Strength Conditioning - Focus on fundamental movement patterns; squat, hinge, lunge, push, pull, carry and locomotion. These movement patterns build strength and reduce risk of injury.

Stretch/Mobility/Foam Rolling - These classes are essential for injury management and sustaining your favorite activities.

Systema - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

Total Body & Barre Conditioning - A dynamic combo of Pilates, Barre, and Strength Conditioning

Gentle Yoga - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

Power Yoga - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in everyday life. You are guaranteed a workout and will feel more empowered upon leaving.

Vinyasa Yoga - A mindful class for all levels. Focus on breath and alignment provides students the opportunity to make the class their own. Everyone is welcome!

Yoga Movement - Inspired by yoga and primal movements, using strength, balance, movement and cardio, this all over body workout will challenge you. Be prepared to sweat, don't forget your water!

Yoga Sculpt - A strong focus on strength & toning. Sculpt weaves in hand weights & other equipment and targets building strength & cardio. Expect Barre & Pilates movements - to the beat - while using yoga positions to open and elongate.

Zumba - A fitness classic! Learn the choreographed steps to Latin music, sure to give you a great cardio workout.