



June Group Fitness Schedule

Virtual	Wednesday Monday	12:00 PM 5:30 PM	Vinyasa Yoga Pain Free Posture	Kati Dee
Monday	Studio A Studio B Leisure Pool MARC Park Lap Pool Studio B MARC Park	6:30 AM 7:00 AM 8:30 AM 9:30 AM 12:00 PM 12:00 PM 5:30 PM	Cycling (45) Bootcamp AquaFit* Power Yoga Masters Swim Bootcamp Pain Free Posture	Helen Anna Anna Lauren Katie Miranda Dee
Tuesday	PCSC Fit Park Leisure Pool MARC Park MARC Park MARC Park Prospector Park	7:15 AM 8:30 AM 9:00 AM 10:15 AM 12:30 PM 5:30 PM	Grassfed Bootcamp AquaFit* eLIGNABAR® Stretch & Mobility Lunch Time Slow & Go Vinyasa Yoga Yoga Hike	Miranda Whitney Faye Faye Lindsey Claire
Wednesday	MARC Park Leisure Pool Studio B MARC Park Lap Pool Studio B Studio B	8:00 AM 8:30 AM 9:00 AM 9:30 AM 12:00 PM 12:00 PM 5:30 PM	Pilates AquaFit* Step Power Yoga Masters Swim Bootcamp Stretch & Mobility	Claire Steph Karrin Lauren Katie Miranda Katie
Thursday	PCSC Fit Park MARC Park Leisure Pool MARC Park MARC Park Studio A	7:00 AM 7:30 AM 8:30 AM 9:00 AM 10:15 AM 12:00 PM	Grassfed Bootcamp Sunrise Yoga AquaFit* eLIGNABAR® Stretch & Mobility Cycling (45)	Anna Lindsey Anna Faye Faye Helen
Friday	Studio B Leisure Pool MARC Park Lap Pool Studio B	7:00 AM 8:30 AM 10:00 AM 12:00 PM 12:00 PM	Bootcamp AquaFit* Gentle Yoga Masters Swim Bootcamp	Laura Laura Shirin Katie Miranda
Saturday	Studio B Studio B Studio B MARC Park MARC Park	8:00 AM 9:00 AM 10:15 AM 10:00 AM 2:00 PM	Cardio Bosu eLIGNABAR® + Pilates Foam Roll Vinyasa Flow Yoga Systema	Faye Faye Faye Leslie Mark
Sunday	Studio B Studio C	8:00 AM 4:00 PM	High Fitness Vinyasa Flow Yoga	Haley Kristy

*AquaFit classes begin June 7

Prospector Park: 2500 Wyatt Earp Way PCSC Fit Park: 600 Gilmore Way

Park City MARC & Recreation
1200 Little Kate Road
435-615-5400
www.parkcityrecreation.org

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, all classes are at your own risk.

Aquafit - A seasonal favorite - join us in the leisure pool for a variety of low impact workouts that will increase strength, cardio, balance, and give you a great sense of community.

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

Cardio Bosu— Make use of every core muscle you have while utilizing the Bosu for a total body cardio core workout hour.

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.

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

High Fitness - A high energy fitness class that incorporates interval training with pop music and easy to follow choreography.

Masters Swim - Get your laps in while perfecting form for the most efficient stroke. Yardage varies by workout, break it down however best fits your lunch hour.

Pain Free Posture - Using the egosque method, put your body into correct postural alignment through a series of exercises which will improve function, reduce compensations, and return your body to its original functional blueprint.

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

Step - This long lasting class still offers the benefits of low impact cardio while enjoying upbeat music and improving strength.

Stretch/Mobility/Foam Rolling - These classes are an essential key in 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.

Yoga:

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 every day life. You are guaranteed a workout and feeling more empowered upon leaving.

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

Yoga Hike - Take a small hike up the local trails of Prospector Park to warm up. Then return to the park for a flow stretch style class to improve flexibility and mobility.