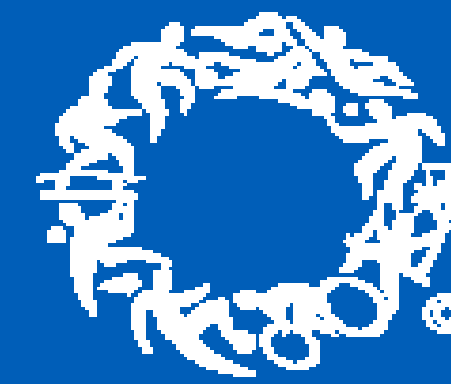


August Group Fitness Schedule



pcmarc

www.parkcityrecreation.org

435-615-5401

Monday

- 7:00 - 8:00am **Bootcamp**
Anna - Studio B
- 8:00 - 9:00am **Barre**
Stacie - Studio B
- 8:30 am - 9:30 am **Aquafit**
Anna - Pool
- 9:00 - 10:00am **Step**
Karrin - Studio B
- 9:30 - 10:45am **Power Yoga**
Lauren - Studio C
- 10:00 - 10:30 am **Strength**
Karrin- Studio B
- 12:00 - 12:45pm **Bootcamp**
Katie - Studio B
- 12:00 - 1:15 pm **Masters Swim**
Katie- Pool
- 5:00 - 6:00pm **Pain Free Posture**
Dee - Studio B

Tuesday

- 6:30 - 7:30 am **Cycling**
Shan - Studio A
- 8:00 - 9:00am **Bosu**
Faye - Studio B
- 8:30 am - 9:30 am **Aquafit**
Helen - Pool
- 9:00 - 10:00am **eLIGNABAR®**
Faye - Studio B
- 10:00 - 11:00am **Stretch & Mobility**
Faye - Studio B

Wednesday

- 7:00 - 8:00am **Tabata**
Laura- Studio B
- 8:00 - 9:00am **Barre**
Stacie - Studio B
- 8:30 am - 9:30 am **Aquafit**
Katie- Pool
- 9:00 - 10:00am **Step**
Karrin - Studio B
- 9:30 - 10:45am **Power Yoga**
Lauren - Studio C
- 10:00 - 10:30 am **Strength**
Karrin - Studio B
- 11:00 - 12:00pm **Pilates**
Claire- Studio C
- 12:00 - 12:45pm **Bootcamp**
Helen- Studio B
- 12:00 - 1:15 pm **Masters Swim**
Katie- Pool

Thursday

- 8:00 - 9:00 am **Bosu**
Faye - Studio B
- 8:30 am - 9:30 am **Aquafit**
Helen - Pool
- 9:00 - 10:00am **Yoga**
Lindsey- Studio C
- 9:00 - 10:00am **eLIGNABAR®**
Faye - Studio B
- 10:00 - 11:00am **Stretch & Mobility**
Faye - Studio B
- 10:30 - 11:30am **Pilates**
Helen- Studio C

Friday

- 7:00 - 8:00am **Bootcamp**
Laura- Studio B
- 8:30 am - 9:30 am **Aquafit**
Laura - Pool
- 9:00 - 9:50 am **Step**
Chi Mai- Studio B
- 10:00 - 11:00am **Yoga**
Shirin- MARC Park
- 12:00 - 12:45pm **Strength & Conditioning**
Miranda- Studio B
- 12:00 - 1:15 pm **Masters Swim**
Katie- Pool
- 12:30-1:15pm **Yoga for Teen Athletes**
Sienna- Studio C

Saturday

- 8:00 - 9:00am **Bosu**
Faye - Studio B
- 9:00 - 10:00am **eLIGNABAR®**
Faye - Studio B
- 10:00 - 11:00am **Yoga**
Leslie- Studio C
- 10:00 - 11:00am **Foam Roll**
Faye - Studio B
- 2:00-3:30pm **Systema**
Mark - Studio C

Sunday

- 4:00 - 5:15pm **Vinyasa Flow Yoga**
Penny & Laura- Studio C

Virtual

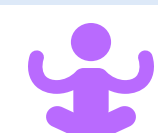
- Wednesday
12:00 - 12:45 pm **Yoga**
Kati



Cycling



Cardio



Mind & Body



Strength



Interval

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.

AquaFit - Fun low impact workouts that build strength, balance, and cardio to good music and good company in the leisure pool.

Barre - Barre 50 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.

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

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.

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

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.

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 for Teen Athletes - Unleash your teen athlete's full potential through yoga, mindfulness, and strength training. This class is a perfect way for your athlete to take their sports to the next level.