

# May Group Fitness Schedule



pcmarc

www.parkcityrecreation.org

435-615-5401

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> 7:00 - 8:00 am <b>Bootcamp</b> Anna - Studio B</p> <p> 8:00 - 9:00 am <b>Total Body &amp; Barre Conditioning</b> Claire - Studio B</p> <p> 9:00 - 10:00 am <b>Zumba</b> Karrin - Studio B</p> <p> 9:30 - 10:30 am <b>Power Yoga</b> Lauren - Studio C</p> <p> 10:00 - 10:45am <b>Strength &amp; Stretch</b> Karrin- Studio B</p> <p> 10:45 - 11:45 am <b>Pilates</b> Lauren- Studio C</p> <p> 11:00 - 11:45 am <b>Cycling</b> Katie M.- Studio A</p> <p> 12:00 - 12:45pm <b>Strength &amp; Conditioning</b> Studio B</p> <p> 5:00 - 6:00 pm <b>Pain Free Posture</b> Dee- Studio B</p> <p> 5:30 - 6:30 pm <b>Cycling</b> Tammar-Studio A</p>	<p> <b>6:30 - 7:30 am Cycling</b> Tiffany- Studio A</p> <p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> <b>8:30 - 9:30 am Yoga Movement</b> Tiffany - Studio C</p> <p> 9:00 - 10:00 am <b>eLIGNABAR®</b> Faye - Studio B</p> <p> 10:00 - 10:45 am <b>Stretch &amp; Mobility</b> Faye - Studio B</p> <p> 10:30 - 11:30 am <b>Pilates</b> Heagen- Studio C</p> <p> 11:00 - 11:45 am <b>LIIT</b> Helen- Studio B</p> <p> 12:00 - 12:45 pm <b>Cycling</b> Helen- Studio A</p>	<p> 7:00 - 8:00 am <b>Tabata</b> Laura- Studio B</p> <p> 8:00 - 9:00 am <b>Total Body &amp; Barre Conditioning</b> Claire - Studio B</p> <p> 9:00 - 10:00 am <b>Zumba</b> Karrin - Studio B</p> <p> 9:30 - 10:30 am <b>Power Yoga</b> Lauren - Studio C</p> <p> 10:00 - 10:45am <b>Strength &amp; Stretch</b> Karrin- Studio B</p> <p> 10:45 - 11:45 am <b>Pilates</b> Lauren- Studio C</p> <p> 12:00 - 12:45 pm <b>Strength &amp; Conditioning</b> Megan- Studio B</p> <p> 6:15 - 7:15 pm <b>Cycling</b> Miranda-Studio A</p>	<p> 7:30 - 8:30 am <b>Yoga Sculpt</b> Stephanie H. - Studio C</p> <p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> 9:00 - 10:00 am <b>eLIGNABAR®</b> Faye - Studio B</p> <p> 10:00 - 10:45 am <b>Stretch &amp; Mobility</b> Faye - Studio B</p> <p> 10:30 - 11:30 am <b>Pilates</b> Heagen- Studio C</p> <p> 11:00 - 11:45 am <b>LIIT</b> Helen- Studio B</p> <p> 12:00 - 12:45 pm <b>Cycling</b> Helen- Studio A</p>	<p> 7:00 - 8:00 am <b>Bootcamp</b> Laura- Studio B</p> <p> 8:00 - 9:00 am <b>Total Body &amp; Barre Conditioning</b> Allison - Studio B</p> <p> 10:00 - 11:00 am <b>Gentle Yoga</b> Allison - Studio C</p> <p> 12:00 - 12:45 pm <b>Strength &amp; Conditioning</b> Miranda - Studio B</p> <p> 12:45 - 1:30 pm <b>Mobility</b> Miranda- Studio B</p>	<p> 8:00 - 9:00 am <b>Bosu</b> Faye - Studio B</p> <p> 8:30 - 9:30 am <b>Cycling</b> Stef-Studio A</p> <p> 9:00 - 10:00 am <b>eLIGNABAR® +Pilates</b> Faye - Studio B</p> <p> 10:00 - 11:00 am <b>Yoga</b> Stef- Studio C</p> <p> 10:00 - 11:00 am <b>Stretch &amp; Roll</b> Faye - Studio B</p> <p> 2:00-3:30 pm <b>Martial Art Systema</b> Mark - Studio C</p>	<p> 4:00 - 5:15 pm <b>Vinyasa Flow Yoga</b> Allison- Studio C</p> <p> Wednesday 12:00 - 12:45 pm <b>Yoga</b> Kati</p>

**NEW** classes & changes noted in **RED**

Coming to Saturdays in June: Active Living Fitness

Cycling

Cardio

Mind & Body

Strength

Interval

Registration Required

# 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.

**NEW Active Living Fitness** - Class focuses on using functional training to improve on strength, mobility, and balance. Optional equipment such as wall barre, weights, stretching bands, balls and chairs can be used to customize performance of exercises. Movements focus on strengthening legs, core, and upper body for a total body workout designed to help you enhance your active Park City lifestyle.

**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.