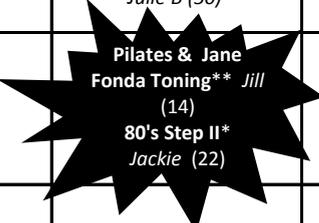




Group Exercise Schedule July 2015

July 2015 marks 30 years of National Park and Recreation Month and the enduring importance of parks and recreation for the world. This July, we are celebrating the past, present and future of parks and rec by offering an array of retro-themed 80s-style programs. See the below highlighted retro-themed classes that are specifically for the month of July.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Cycle (CTC) Loisann (15) (45 minutes)		Cycle (CTC) Terry (15) (45 minutes)		
8:15am	Gentle Yoga* Ashley (30)		Chair Yoga (ge) Julie B (50) (30 minute class) Yoga* Ashley (30)		Yoga* Ashley (30)	Yoga* Loisann (30) Cycle Jam (CTC) Julia J (15)
8:30am	Circuit Express (30 minutes)	Circuit Express (30 minutes)	Circuit Express (30 minutes)	Circuit Express (30 minutes)	Circuit Express (30 minutes)	
9:00am	 Classic (ge) Jill (50)	Zumba® (ge) Tiffany (125) Ultimate Conditioning* Julia J (25)	 Classic (ge) Julie B (50)	Zumba® (ge) Erika (125) Total Body Plus* Julia J (25)		
9:30am	Cardio Sculpt* Julie B (25)		 Pilates & Jane Fonda Toning** Jill (14) 80's Step II* Jackie (22)		Cardio Sculpt* Roberta (24) Senior Total Body Conditioning (ge) Julie B (40)	 80's Hi-Lo Cardio & Sculpting* Roberta (22)
10:00am		Pilates* Jackie (30)		Active Adults On The Move* Julia J (25)		
10:30am	Pilates* Jill (30)		Body Defined* Julie B (25)		Beyond Barre* Rayn (25)	Beyond Barre* Julie B (25)
11:30am						Zumba** Laura (45)
4:30pm	 80's Abs & Buns Of Steel*	HIIT* Roberta (25)	 80's Abs & Buns Of Steel*	HIIT* Roberta (25)		
5:30pm	CYCLE 101 (CTC) Julia J (15) (30 minute class)	Beyond Barre** Monique (16) Pump It Up* Roberta (22)	Cardio/Strength Circuit* Rayn (22)	Tabata Strength* Roberta (22)	 CHANDLER Parks & Recreation Discover. Imagine. Grow.	
5:45pm	 80's Zumba® * Maria (45)					
6:00pm	Cycle Jam (CTC) Julia J (15)	Cycle (CTC) Lynn (15)		Cycle (CTC) Lynn (15)	Zumba** Laura/Sadie (45)	Group Exercise classes are FREE to pass holders! *Group Exercise Studio **Dance Studio (ge) East Gymnasium (gw) West Gymnasium (ctc) Chandler Tennis Center Updated 6/26/2015
6:30pm		PIYO * Maryam (30)				
7:00pm	Challenge Yoga* Ana/Courtney (30)		Challenge Yoga* Ashley/Courtney (30)	Yoga* Maryam (30)	Total Body Conditioning, Cardio Sculpt & Pump It Up classes require set up. Be sure to arrive early to set up equipment. Class fills up quickly.	
8:00pm	Zumba® Toning (gw) Sadie (125)	Zumba® (gw) Erika (125)	Zumba** Traci (45)	Zumba® (gw) Alicia (125)		

www.chandleraz.gov/parkandrecmonth



TRC Holiday Hours July 3rd 5am-10PM, NO EVENING GROUP EX CLASSES & July 4th 7am-2pm NO GROUP EX CLASSES.

Class maximums are listed in () next to instructor name. Schedule may change depending on instructor availability and attendance

CLASS DESCRIPTIONS-All classes are 55 minutes, unless noted

80's Abs & Buns of Steel-This combo class will ensure your abs and glutes are defined and rock solid. You'll feel the burn, but love the reward after a month of this gut wrenching class! Come check it out.

80's Hi-Lo Cardio & Sculpting-This class combines a fun mix of 80's Hi/Lo cardio combinations to get your heart pumping and will end with sculpting exercises utilizing various pieces of equipment for muscle conditioning.

80's Step II- Going wayback on Wednesdays! Break out your brightest colors, leg warmers, and sweat bands and come experience an 80's themed step aerobics class. Previous step experience is highly recommended.

80's Zumba-Let's Zumba to the 80's!!! Fun and energetic cardio class that will make you sweat. Start working on your costumes and get ready for an 80's good time!!!

Active Adults On The Move-This class combines light to moderate low impact aerobics (standing cardio) with some strength and balance training (light resistance equipment) to improve the ability to enjoy daily activities with confidence and ease. This class is designed for those Active Adults who have been exercising regularly and want to add a fun new challenge to their current fitness program.

Beyond Barre-This barre class utilizes high repetitions of small controlled movements with light weights to tone and sculpt the muscles. Standing leg work tones and sculpts the lower body and Pilates mat work is incorporated to strengthen and tone the core muscles. You do not have to be a dancer to appreciate barre training.

Body Defined- A non-aerobic class designed to give you results by sculpting & shaping muscles, using a variety of equipment (Resist-a-Balls, weights & bands) while challenging all major muscle groups.

Cardio/Strength Circuit-Looking for a full-body workout? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with one-minute intervals for resistance challenges. Will involve upper and/or lower body work during the sculpting portion of the class using various equipment.

Cardio Sculpt- A cardio workout for building strength and stamina. This is a high-energy class that combines segments of strength training with intervals of athletic, aerobic movements giving you a total body workout.

Chair Yoga- 30 MINUTE class focuses on providing whole body and mind well-being. Just as in a traditional yoga class you will be doing poses that will strengthen your muscles and bones, encourage spinal mobility, and improve joint flexibility while using the assistance of a chair. Each class will end with a time of relaxation.

Challenge Yoga- A fitness based workout incorporating sun salutations, basic yoga poses with advanced postures & upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water & a great attitude!

Circuit Express- If you are short on time or just need that extra push to get you working out again, then this class is for you! This class is designed to get you a cardiovascular & muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun & motivating music. **(Fitness Floor)**

Cycle/Cycle Jam- Group cycling is a fun exhilarating way to burn fat, increase strength & improve cardio fitness. Every ride is different than the last journey through hills, flats & mountains; learn how to push through adversity, work in your optimum fat burning zone. The use of Heart Rate Monitors is strongly recommended. Water bottles are mandatory!

CYCLE 101-This 30-minute introductory class is HIGHLY recommended to anyone new to cycle to ensure safety and maximum fitness results. The class will familiarize new riders on how to properly set up their bikes, spinning techniques and terms, and how to monitor exercise intensity.

Gentle Yoga- Ideal for anyone new to yoga or just needing a more gentle practice. It's calming, yet exhilarating yoga sequence's linking breath and movement designed to help build strength, increase flexibility & improve balance. Be prepared to let go & move without judgment or competition. Traditional Yoga playlist. All levels welcome.

HIIT - Take your fitness to another level with HIIT (High Intensity Interval Training). This fat blasting interval training workout combines body weight exercises, plyometrics and a variety of equipment to rev up your metabolism and strengthen your muscles. HIIT uses varied work/rest intervals for a fat burning total body workout.

Pilates- This class will restore & develop core strength & stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged. **Pilates & Jane Fonda Toning** will be Pilates mat combined with a variety of Jane Fonda classic exercises to get results!

PiYo Strength - combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your balance and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body.

Pump It Up-BOOST your metabolism with this 55 minute strength & conditioning class that combines intervals to challenge all the major muscle groups using a variety of equipment to sculpt & strengthen the entire body. Arrive early to set up equipment for class. To minimize class disruptions, participants are asked to arrive on time.

Senior Total Body Conditioning- This class specializes in increasing strength & endurance to improve functional use in everyday activities. A fitness & healthy aging program designed to help you achieve better health through regular exercise. The Senior Strength format is a combination of aerobic, flexibility and resistance (strength) training.

SilverSneakers® – Classic- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Tabata Strength- This non-stop weights class will challenge your muscles with strength intervals and core work while providing a cardiovascular focus through continuous movement and varied routines/equipment. Tabata training increases your metabolism both during and after the workout, resulting in a greater calorie expenditure and fat burn.

Total Body Plus- Each week you will find new and challenging ways to build & improve strength, function & flexibility using your entire body all at once. You'll use all variety of exercise tools or no equipment at all! This total body functional training class is a complete unique workout that will help you attain your fitness goals.

Ultimate Conditioning - Get it ALL in this cardio interval class designed to bump up your aerobic fitness. Recovery intervals of strength and conditioning will be sprinkled in to strengthen muscles. Lose weight, build endurance, improve aerobic capacity, gain strength and feel better in this stimulating, high energy class that will give you the ultimate in total fitness conditioning!

Yoga-Enjoy an energetic flow class linking breath & movement through a creative, flowing sequence developing strength, balance, flexibility & endurance. In this Vinyasa style flow class there is a great sense of fluidity & opening, with the focus on awareness as well as alignment. Practitioners of all levels will discover the power of moving with intention and grace. Music

Zumba- This hour class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.

Zumba Toning-When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

For questions regarding Group Exercise or Fitness Area, contact Jackie Garrett 480-782-2900 or Jackie.garrett@chandleraz.gov