

JULY

FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am	Total Body Strength	Strength & Kickboxing (Melissa)	Total Body Strength	Body Blast (Melissa)	Total Body Strength	
7:30 am		Aquarobics (in pool)		Aquarobics (in pool)		
8:00 am					Aquarobics (in pool)	
8:15 am	Chair Exercise	Fit Fusion	Chair Stretch (Becky)	Fit Fusion	Silver Sneakers	
9:15 am	Silver Sneakers	Strength and Stretch	Chair Stretch (Becky)		Silver Sneakers	
10:15 am	Chair Exercise					
12:10 pm		Spin		Spin		
4:00 pm	Barre Sculpt & Strength (Sarah B.)	Yoga (Abby)	Pilates (Amy)			
5:00 pm		Tabata and Tone (Sarah)				
5:15 pm	Step (Erin)		Step, Core & More (Sarah)	Stability Ball/ Core (Rachel)		
5:15 pm		Aqua Tonic (in pool)		Aqua Tonic (in pool)		
6:00 pm		Zumba (Brooke)				
6:30pm	Lift and Stretch (Rachel)		Yoga (Rachel)			

Rec Center Hours:

Monday-Thursday 5:00a - 9:00p
 Friday 5:00a - 7:00p
 Saturday 7:00a - 4:00p
 Sunday 9:00a - 4:00p

Fees:

**Membership, Punch Card
or Daily Admission**

Safety and Sanitizing Information

Participants should bring an Exercise Mat.
 Please sanitize equipment after use.
 Check in at Welcome Desk

PLEASE NOTE:

- * Participants should consult and follow their physician's recommendations regarding all new forms of exercise.
- * Chair Exercise, Chair Stretch & Silver Sneakers are limited to 24 participants on first come basis
- * We require a minimum of 3 participants to hold class.

**** The hot tub and pool are closed during classes, swimming lessons, programs and private rentals.**

Cardio, Conditioning, Endurance & Toning Classes

Body Blast (45 min)

Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio exercises with specific muscle conditioning that will be tailored to the class's needs from week to week.

Fit Fusion (45 min)

Cardio, core, balance, strength, stretching! This class will benefit your whole body in a fun environment. Low impact moves, you bring the intensity! Standing and floor work.

Stability Ball & Core (60 min)

Learn how to use your core more effectively and focus on strength training using stability ball, hand weights & body weight. The class will focus on upper & lower abs, oblique's, back muscles, muscular slings used in functional movements, as well as the hips and glutes to develop better balance.

Strength & Kickboxing (45 min)

Total body workout mixed with Kickbox combos and sets. Combos include strength exercises, cardio and body weight activities. Maximize calorie burn and total body training.

HIIT (60 min)

This HIIT (High Intensity Interval Training) style class combines many various exercise sets with intervals of strength work. Optimize the calorie burn while using varying heart rate zones. Easy to progress or modify exercises to fit your personal goals and abilities.

Zumba (45 min)

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tabata and Tone (45 min)

Tabata training breaks a workout down into clearly defined intervals and will get your heart rate going! Paired with some strength and toning this class will be a great burn even after class is over!

Step Classes

Step (60 min)

A high intensity step class focusing on all major muscle groups.

Cycling Classes

Spin (40-45 min)

Combine a calorie torching Spin class with an attack on the entire midsection.

Aqua Classes

Aquarobics (60 min)

Wonderful workout, moving to the beat of the music in 4-5 feet of water. No swimming skills required.

Aqua Exercise (60 min)

Exercising based around mobility, muscular strength and endurance in 4-5 feet of water. No swimming skills required.

Aqua Tonic (45 min)

Cardio and muscular workout for all fitness levels in deep water.

Yoga & Pilates Classes

Yoga (45-60 min)

Slow flow Yoga to end your day with calm and relaxation for all levels.

Barre Sculpt & Strength (45 min)

Mat-based, full body workout that combines the precision of barre with the strength of functional training—all without the bar. Uses low-weight and high repetitions during small, controlled movements. You'll feel a deep muscle engagement and a focus on stability, strength and endurance.

Pilates (45 min)

Pilates is a safe no-impact workout that will lengthen and strengthen muscles, improve posture and work the whole body towards mobility and balance. All age and fitness levels welcome. Footwear optional.

Low Impact & Senior Classes

Chair Exercise (45 min)

Chair Exercise is a low impact, moderate intensity strength training program designed to target populations with limited mobility. Opportunities to modify and progress exercises to meet your specific health and wellness needs. Plan to spend a majority of the time in the chair.

Chair Stretch (45 min)

Move and stretch your body from the chair to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.

Classic Silver Sneakers® (45 min)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strength and Stretch (45 min)

Low impact class designed for men but open to all, this class will focus on strength and resistance training while also prioritizing flexibility, this class will be either done from a chair or standing but can be adapted as needed!

Lift & Stretch (60 min)

Low impact form of exercise which concentrates on improving postural alignment, strengthening the body with hand weights, resistance bands, kettlebells. Emphasizing on core and trunk strength while improving flexibility and mobility. This helps to improve general fitness and overall well-being.

**Weekly updates are available via email to all members
and punch card holders and online at the
City of New Ulm website: newulmmn.gov.**