MOUNTAIN PARK FITNESS

01/22/2025

# GROUP EX SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 6 AM | | | **cycle**<br>6:30am<br>Beth | | **aqua fit**<br>7:15am<br>Beth | |
| 7 AM | **aqua fit**<br>7:15am<br>Hannah | **body sculpt**<br>7:00am<br>Emily | **aqua fit**<br>7:15am<br>Hannah | **body sculpt**<br>7:00am<br>Emily | | |
| 8 AM | **aqua strength**<br>8:30am<br>Hannah | | **tai chi**<br>8:00am<br>Lia | **barre**<br>9:00am<br>Wendy | **tai chi**<br>8:00am<br>Lia | **vinyasa yoga**<br>8:30am<br>Samina |
| 9 AM | **barre**<br>9:00am<br>Wendy | **cycle**<br>9:00am<br>Marleise | **aqua fusion**<br>8:15am<br>Hannah | **cycle**<br>9:00am<br>Marleise | **aqua yoga**<br>8:30am<br>LuAnn | **cycle**<br>8:30am<br>Marleise |
| 10 AM | **cardio mix**<br>10:15am<br>Diane | **gentle cardio**<br>10:30am<br>Diane | **sit & be fit**<br>9:00am<br>Marleise | **vinyasa yoga**<br>10:30am<br>Kristi | **zumba gold**<br>10:00am<br>Ann | **zumba**<br>10:00am<br>Ann |
| 11 AM | **chair yoga**<br>11:15am<br>Diane | **vinyasa yoga**<br>10:30am<br>Kristi | **aqua yoga**<br>9:30am<br>LuAnn | **gentle cardio**<br>10:30am<br>Diane | **sit & be fit**<br>11:00am<br>Marleise | **body sculpt**<br>10:00am<br>Marleise |
| 11:30 AM | | | **cardio mix**<br>10:15am<br>Diane | | **body shop**<br>12:15pm<br>Leno | |
| 12 PM | **pilates**<br>12:15pm<br>Kristi | **body sculpt**<br>12:00pm<br>Marleise | **chair yoga**<br>11:15am<br>Diane | **body sculpt**<br>12:00pm<br>Marleise | **vinyasa yoga**<br>3:45pm<br>Kristi | |
| 1 PM | | | **body shop**<br>12:15pm<br>Leno | **pilates**<br>4:30pm<br>Emily | | |
| 4 PM | **latin fusion**<br>4:15pm<br>Haley | **pilates**<br>4:30pm<br>Emily | **zumba**<br>4:15pm<br>Kristen | **deep water**<br>6:15pm<br>LuAnn | | |
| 5 PM | **yoga flow**<br>5:30pm<br>Samina | **line dancing**<br>5:45pm<br>Emily | **vinyasa yoga**<br>5:30pm<br>Kristi | **line dancing**<br>5:45pm<br>Emily | | |
| 6 PM | **cycle**<br>5:45pm<br>Beth | | **cycle**<br>5:45pm<br>Peter | | | |

**Pool**

**Studio 1**

**Studio 2**

For more info, please email fitness@mtparkhoa.com

# CLASS DESCRIPTIONS

**Pilates**
A full body workout that helps create long, lean muscles. Pilates is performed on a mat on the floor, using gravity and your body's own resistance to work the muscles.

**Cycle**
Join us for a classic, high-intensity cycling workout. This class is a fun, challenging, and energizing way to get your cardio!

**Barre**
Barre fuses techniques from dance, pilates, and yoga to tone, define and chisel the body. A perfect combination of strength and flexibility with a cardiovascular element utilizing the barre.

**Zumba**
Filled with Latin and World rhythms, Zumba delivers a total workout – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Zumba Gold**
The same great Zumba formula at a lower intensity. Each class has a longer warm up and cool down to allow participants a program that improves balance, flexibility, and cardiovascular strength.

**Line Dancing**
Join us for a fun-filled hour learning one to two line dances per class - so fun you forget you're getting fit at the same time!

**Body Sculpt**
This class is designed to help build strength and endurance. It includes resistance training, body weight exercises and finishes with core training and stretching for a complete workout.

**Body Shop**
This class will focus on form and technique while building muscle strength and endurance, along with a little cardio sprinkled in for a full body workout!

**Gentle Cardio**
A blend of nonimpact floor cardio movements, followed by basic standing yoga poses with or without very light weights.

**Latin Fusion**
Enjoy a 60 min class full of the fun and spicy Latin dance moves you've always wanted to try! Learn the basics of salsa, merengue, bachata, and more. If you like line dance or Zumba, give this class a try.

**Cardio Mix (formerly Lift & Balance)**
Workouts focused on proper body mechanics, balance, and alignment to help improve quality of life and decrease risk of injury.

**Sit & Be Fit**
You can utilize a chair, or choose to stand for this class! This class focuses on resistance training in a safe and effective way to give you a full body workout.

**Tai Chi**
A slow-paced, low impact, gentle movement class based on 24-movement Short Form. Increase balance and enhance well-being.

**Chair Yoga**
Yoga that eliminates the challenge of getting down on the floor with standing, sitting, and mat poses performed on a chair.

**Yin Yoga**
This type of yoga class is a combination of vinyasa flow while also holding a pose for a longer amount of time to get a deeper stretch.

**Vinyasa Flow Yoga**
This class focuses on the flow of one position to the next, often matched to controlled breathing.

**Aqua Strength & Flex**
This class is geared to improve balance and mobility by working out in warmer water. Class taught in the Leisure Pool.

**Deep Water Aerobics**
This class focuses on aerobic endurance and resistance training to upbeat music. Flotation devices are used so there is no impact on knees and hips.

**Aqua Fit**
An active workout designed to improve aerobic fitness, strength, and flexibility.

**Aqua Yoga**
An active workout designed to improve balance, strength, and flexibility.

**Aqua Fusion**
This is a fun, all over cardio, toning and strength class utilizing a variety of different equipment.

## FOR CLASS UPDATES, SUBSTITUTIONS, AND CANCELLATIONS

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