

Fall Group Fitness Schedule Effective September 19th-November 19th, 2016

All classes are held in the Group Fitness Room.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Rock Solid Angie	Zumba Angie	50/50 Nicole	5:15 am Pilates Nicole	INtensity Tori	*7:30am Yoga flow Wendy
9:00am	50/50 Nicole	Step Fusion Alacia	Circuit Training Delynn	9:15am Zumba Leticia	Gentle Yoga Angie	9:00am Rotation
10:30am	SilverSneakers Classic Tori	Zumba Gold Dee	10:15am Barre Fusion Angie	Zumba Gold Dee	SilverSneakers Classic Nicole	
11:30am	Zumba Gold Jill	Senior Stretch Dee		Senior Stretch Dee		
5:30pm	Tabata Boot Camp Amy		POUND! Charlene			
6:30pm	Zumba Gold Dee	HIIT Jill	Kick Booty Angie	HIIT Jill		
7:30pm	Rock Solid Clarissa	Zumba Tone Angie	Yoga Core Carolina	Yoga for Stress Relief Julie		
8:30pm	*Dance Fitness Tess			Body Challenge Tess		

*This class is 90 minutes

Fall *SPINNING*® Schedule Effective August 29th-November 19th, 2016

All *SPINNING* classes will be held in Multi-purpose Room B.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	<i>SPINNING</i> Summer		<i>SPINNING</i> Tori		<i>SPINNING</i> Amy	
9:00am	<i>SPINNING</i> Melissa		<i>SPINNING</i> Jenni		* <i>SPINNING</i> Nicole	8:00am <i>SPINNING</i> Rotation
5:30pm	<i>SPINNING</i> Carolina		<i>SPINNING</i> Amy			
6:30pm	<i>SPINNING</i> Clarissa	<i>SPINNING</i> Beginner's Ride Dennis	<i>SPINNING</i> Amy	<i>SPINNING</i> Dennis		

Limited space available in the Spinning classes.

Schedule subject to change

Phone Number: 801-525-2641

Follow us on



@ ClearfieldRec

50/50: This class will always keep you guessing! You will spend 30 minutes doing instructor's choice of cardio and 30 minutes sculpting your muscles with weights. A great introductory class for everyone, what do you have to lose it's a 50/50 shot!

Barre Fusion: In just 45 minutes strengthen and tone your entire body using different types of equipment. Barre Fusion is a fun, upbeat class that incorporates the best of Ballet, Pilates, and Yoga. No dance experience required.

Beginner's Ride: Learn the basics of the *SPINNING*® class while enjoying a nice relaxing ride down easy street. This 40 minute class will teach you all the things you need to know to get you started down the right path!

Body Challenge: A class to challenge your whole body using High Intensity Interval Training (HIIT), burning more fat than your regular strength workout. Great for the beginner or for the seasoned athlete because it is your body you are challenging at your level. Weights are also used during the second portion of class to increase toning and fat burning, ending the total body workout with core work.

Circuit Training: A fun challenge that will add something different to circuit training in a class format. The class will rotate through different stations to work the entire body.

Gentle Yoga: Restore your mind and body using yoga basics to increase your strength, balance, and flexibility with gentle stretching and mediation. This is a great class for beginners and practiced yogi's alike.

HIIT: HIIT (High Intensity Interval Training) fits everything into one class! Studies have shown that workouts including interval training burn more calories and for longer! With a different format every week (stations, tabata, partner work), you will go back and forth between cardio and strength exercises to keep your heart rate fluctuating and your body guessing! And if the words "high intensity" scare you, don't let them! There are modifications for everything!

Intensity: The first 30 minutes of this class are in HIIT format while the last 30 minutes is weight lifting with a focus on two or three muscle groups.

Kick Booty: High energy, motivating cardio and strength training all in one. Kick and punch your booty into shape. Work your core like never before! Studies show kickboxing is one of the most effective exercise programs.

Pilates: A total body workout that combines core strength with every exercise. This class is designed to lengthen the muscles through the use of weights, bands, Pilates Ring and your own body weight. This class focuses on the mind body connection, but is completely different than your typical Yoga class.

POUND!: Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Step Fusion: This class is guaranteed to keep you guessing! This class fuses your traditional step class but you could be using 1, 2, 3 or even 4 benches!

Rock Solid: A full body sculpting class working all your major muscle groups guaranteed to make your body rock solid.

SilverSneakers® Classic: 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.

SPINNING®: Come ride your bicycle with us! A 55 minute workout on a stationary bike. Our instructors will take you through various rugged terrains to make you sweat! This class allows you to choose your speed and resistance. Heart Rate Monitors are encouraged but not required. **All SPINNING® participants must bring a towel and water to class.**

Senior Stretch: This 15 minute class is designed for older individuals that need work on flexibility. Spend a relaxing time stretching major muscle groups in a comfortable environment. Stretches will incorporate chairs so individuals don't have to get down on the floor.

Tabata Boot Camp: This class offers cardio and strengthening using body weight and free weight exercises all in a HIIT format.

Yoga Core: Similar to our yoga flow class with a focus on core strengthening, to make the entire body feel stronger, longer, and leaner.

Yoga Flow: This is a full body work-out that will challenge your strength and endurance, increase core power, flexibility, and help relieve stress with restorative poses and meditation.

Yoga for Stress Relief: Keep your calm this holiday season with yoga! Slow, mindful movement coupled with glowing candles will cultivate a peaceful mind and a joyful heart so that you can better appreciate this beautiful-but crazy-time of year.

Zumba: Join the Party! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Zumba Gold: A fun lower impact of Zumba, this class is great for beginners and active older adults.

Facility (Fall) Hours

Gym/Track/ Fitness Center/Weight Room

Monday-Thurs.	5:00am-7:30am, 5:00pm-10:00pm	Monday-Thurs.	5:00am-10:00pm
Friday	5:00am-7:30am, 5:00pm-7:00pm	Friday	5:00am-7:00pm
Saturday	7:00am-7:00pm	Sunday	12:00pm-5:00pm