



Fall Group Fitness Schedule
Effective August 21st –December 30th, 2017

All classes are held in the Group Fitness Room.

No Aerobics classes from Dec. 23rd-Dec. 31st, floor is being refinished.

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 Stephanie/ 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	10:10am Barre Fusion Angie	Zumba Gold Dee	SilverSneakers Classic Nicole	
11:30am	Zumba Gold Jill	Senior Stretch Dee		Senior Stretch Dee	Zumba Gold Leticia	
5:30pm	Rock Solid Clarissa	50/50 Clarissa/Lori	POUND! Charlene	Body Challenge Lori	4:30pm Barre Fusion Angie	
6:30pm	Zumba Gold Dee	Barre Fusion Tori	Kick Booty Angie	Zumba Jill		
7:30pm	Yoga Flow Julie	Zumba Tone Angie	Yoga Core Carolina	Yoga for Stress Relief Julie		
8:30pm	*Dance Fitness Tess					

*This class is 90 minutes

** 1st Saturday is POUND, 2nd Saturday is Zumba, 3rd Saturday is Barre Fusion, 4th Saturday is Intensity

Fall SPINNING® Schedule
Effective August 21st –December 30th, 2017

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

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

Limited space available in the Spinning classes, please sign up to reserve your spot in class.

Schedule subject to change

Phone Number: 801-525-2641

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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.

Dance Fitness: An energetic, upbeat, addictive aerobic class combining the dance moves you have come to enjoy with the top hits music you love. For beginners to the advanced, you will be singing to the music, as you do the moves to your level. Dance Fitness is a challenging and fun cardio workout.

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.

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: Step away from the to-do list and take a break from the stress of life. We'll begin with some intentional movement to engage the body and connect with the breath to unwind stress, and then move toward slow and mindful poses to release tension, encourage flexibility and promote conscious relaxation so that you leave class feeling rejuvenated. Beginners welcome.

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