Group Exercise Schedule Jan. 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Conditioning **9:00-10:00am** Joe *MPR*	**SCB (50+)** **9:00-10:00am** Joe *MPR*	**Tabata** **9:00-10:00am** Shakera *MPR*	**SCB (50+)** **9:00-10:00am** Shelley *MPR*	**Strength & Power** **9:00-10:00am** Joe *MPR*	**Cardio Interval Conditioning** **9:00-10:00am** Shelley *MPR*
	HIGH Fitness **10:00-11:00am** Jessica MPR		**PiYo** **10:15-11:15am** Karie *MPR*		**15 Minute Abs** **10:00-10:15am** Shelley *MPR*
Yoga **10:30-11:30am** Pat *MPR*					**Fit & Fabulous** **10:30-11:30am** Connie *MPR*
	30 Minute Core **5:30-6:00pm** Shelley *MPR*		**Yoga** **4:35-5:35pm** Pat *MPR*		
HIIT Fit **6:00-7:00pm** Laura *MPR*	**Step & Strength** **6:00-7:00pm** Shelley *MPR*	**Zumba** **6:00-7:00pm** Connie/Christina *MPR*	**Pure Strength** **5:45-6:45pm** Hilda *MPR*		
Zumba **7:00-8:00pm** Connie *MPR*	**PIYO** **7:00-8:00pm** Laura *MPR*	**Pilates Fusion** **7:00-8:00pm** Shakera *Craft Room*	**INSANITY** **7:00-8:00pm** Laura *MPR*		

Classes are appropriate for ages 12 and up. Ages 12-14 years must be with an adult. Children under the age of 12 are not permitted in the group fitness rooms. See the reverse side for class descriptions, and for questions, please contact the rec center front desk at (972) 731-3277 or Ddavidson@littleelm.org.

Join The Conversation To Stay Up To Date On all Classes & Activities!!

Join our **NEW REC EMAIL LIST** by emailing **ddavidson@littleelm.org**

Join our new GROUP FITNESS FACEBOOK GROUP **@LittleElmRecCenterGroupFitness**

Check out our Facebook page **@LittleElmRec**

SIGN UP NOW FOR MAYORS FITNESS CHALLENGE!!!

MFC kicks off January 16th! Get ready for 8 weeks of motivation, inspiration, daily workouts, healthy recipes, fit tips, fun challenges, and prizes & giveaways to help you make 2017 your best year yet! Stop by the front desk today to sign up!

SIGN UP ONLINE: http://www.littleelmtx.us/index.aspx?NID=1071

Class Descriptions

15 Minute Abs: This 15 minute class will focus on the abdominal area, using a variety of moves to tone and strengthen the obliques, rectus abdominis, and transverse abdominis muscles.
30 Minute Core: Come join this quick 30 minute workout to tone & sculpt your the muscles in your abdomen, back, and hips to improve your balance, stability, and increase your overall fitness.
Cardio Interval Conditioning: An interval-style class with minimal choreography and maximum results. Improve cardiovascular and muscular endurance in this fun yet challenging class incorporating body weight, cardio drills, and motivating music.
Fit & Fabulous: Get Fit! Get Fabulous! This class includes a mix of strength training, cardio, toning, and core strength to keep you in shape, healthy, and active. Customized class conditioning for all fitness levels!
*****NEW HIGH Fitness:** is a new fun class that incorporates interval training with amazing music! It combines intervals, plyometrics, and cardio moves that go with the beat of energizing pop songs (that everyone knows & loves) for a super fun full-body toning and fat burning workout.
HIIT Fit: High Intensity Interval Training! Keeping you at a moderate to high cardio level with bursts of anaerobic intensity will kick your metabolism into high gear. Burn calories like never before in this fun total body conditioning style format.
INSANITY: Designed by celebrity trainer Shaun T, athlete or non-athlete, every level of fitness will benefit from sports specific drills, body weight, and plyo-metrics designed to improve power, strength, and endurance. With a fun team spirit atmosphere, INSANITY will keep you coming back!
Pilates Fusion: Sculpt and tone long lean muscles from head to toe, increase your flexibility, improve your balance, and develop a tight strong core with this class combing pilates, yoga, and cardio to cinch and tone your entire body!
PIYO: Pilates + Yoga + nonstop movement! PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.
Pure Strength: Build muscle; burn fat. No cardio allowed! By using bar and hand weights along with effective lifting techniques you will develop long, lean muscles. Tone, shape, and strengthen your body by working to target muscle through pure strength training.
SCB Adults 50+ only: Strength, Core, Balance is a class that will increase tone, strengthen your muscles, and help you gain a more efficient core. This class progresses members based on their fitness level. We will use chairs, mats, hand weights, body bars, bands, and stability balls to ensure results.
Step & Strength: Ready to get on that "step". Choreographed step class mixed with strength training. This class will give great results by improving muscular strength, increased metabolism, endurance, flexibility, balance, and coordination. Using a variety of weights and intensities you will become a lean machine!
*****NEW Strength & Conditioning and Strength & Power Classes:** Join our new personal trainer Joe to build muscle, get lean, and learn new strength training techniques that boost your metabolism!
Tabata: Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time. The Tabata program is a workout cycle where you perform a high intensity move for 20 seconds, rest for 10 seconds, and repeat. Whether your goal is muscle tone, weight loss, or both, this class will get you there.
Whipped: Strength and endurance training that will take your fitness to the next level. Classes will be challenging and fun for all fitness levels. Indoor and outdoor activities utilizing ropes, small hurdles, floor ladders, body weight, etc.
Yoga: This class increases overall body awareness, flexibility, balance, and strength through various Yoga styles and postures. Modifications will be given so that this class will meet the needs of various fitness levels.
Zumba: Have fun burning calories with this heart pumping, hip-shaking, Latin cardio dance workout! Learn merengue, salsa, raggaeton, calypso, bachata, and samba in one class. Let's party and get fit at the same time!