



Fitness Class Schedule

Posted: 1/13/10

Korte Recreation Center
February 8th - April 3rd

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|--|--|-----------------------|---|
| Water Aerobic Classes | | | | | | |
| 9:30-10:30am | I Aquarobics Jinee | I Joints in Motion Jinee | I Aquarobics Jinee | I Joints in Motion Jinee | I Aquarobics Jinee | |
| 6:15-7:15pm | | I Aquarobics Vicki M. | | I Aquarobics Karen R. | | |
| Aerobic Classes | | | | | | |
| <i>The classes in italics are held in the gymnasium.</i> | | | | | | |
| 5:30-6:30am | II <i>Industrial Strength</i> Tina | III <i>Boot Camp</i> Tina | II <i>Core Domination</i> Tina | III <i>Athletic Conditioning</i> Tina | | |
| 8:00-8:30am | | | | | | II <i>Core Domination</i> (30 min.) Tina |
| NEW TIMES → 8:15-9:15am | New II Zumba® Anita | New I Basic LI Aerobics Jinee | New II Zumba® Anita | New I Basic LI Aerobics Jinee | | |
| 8:30-9:30am | | | | | | III <i>Boot Camp</i> Tina |
| 4:30-5:30pm | New II Zumba® Anita | New II <i>Cardio Kickboxing</i> Tina | | III <i>Boot Camp</i> Tina | | |
| 5:30-6:30pm | II Yoga Jennifer | II <i>Industrial Strength</i> Tina | New II Zumba® Anita | III <i>30-20-10</i> Tina | | |
| 6:30-7:15pm | | | | Kids Kids-B-Fit Lauren | | |
| 6:30-7:30pm | III <i>30-20-10</i> Tina | | New II <i>Step Interval</i> Tina | | | |

****Registration starts on January 25th, 2010****

Check out the NEW mid-morning classes!

8:15-9:15am

See class **KEY** and **DESCRIPTIONS**
on reverse side



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CLASS FEES

\$23.00 Members

\$27.00 Non-members

EARLY SIGN-UP DISCOUNTS

Discounts only good for individuals & during the sign-up period (**Jan 25th - Feb 7th**).

MEMBERS

| | |
|---------------|---------|
| 1st class | \$23.00 |
| 2nd class | 25% off |
| 3rd class | 50% off |
| 4th + classes | 75% off |

NON-MEMBERS

| | |
|--------------------|---------|
| 1st class | \$27.00 |
| Additional classes | 10% off |

CHANCE CARDS:

This card allows you to attend 16 classes without committing to a specific class time. If a class is full, chance card holders may enter two minutes prior to the class start time if enrollees are absent.

FEES: \$51.00 Members

\$59.00 Non-members

DROP-IN:

A guest may pay a drop in fee for a class on that day and attend if the class is not full or enrollees are absent.

FEES: \$3.50 Members

\$4.50 Non-members

CLASS MINIMUMS:

5-7 people must be met three days prior to the start of class or they may be cancelled due to lack of enrollment.

CANCELLED CLASSES:

Classes cancelled due to weather/instructor will be credited directly to your account.

JOIN A CLASS IN PROGRESS:

You are welcome to join a class already in progress at a prorated rate.

For more information or any questions, please call the Highland Parks & Recreation Department at 618.651.1386



KEY:

I = **NOVICE**, Low-Impact - These are for beginners, active seniors or those rehabbing an injury.

II = **INTERMEDIATE**, Low to Mid-Impact - Great for EVERYONE from novice to expert.

III = **EXPERT**, High to Extreme-Impact - Do you think you're in shape? Think again!!



FITNESS CLASS DESCRIPTIONS

AQUAROBTICS ~ I

A low impact total body workout that uses water as your resistance while you splash your way to a better body!

ATHLETIC CONDITIONING ~ III

This class is for individuals wanting to improve their athletic stamina.



BASIC LOW-IMPACT AEROBTICS ~ I

Enjoy an aerobic workout with less stress on your joints in our Basic Low-Impact Aerobics class. This class will give you a full body workout through stretches, yoga, exercise ball, weights, and low-impact cardio.

BOOT CAMP ~ III

This rigorous circuit workout will be comprised of sit-ups, pushups, cardio, & weight stations. The high energy and fast paced class will challenge your body and produce great results.



CARDIO KICKBOXING ~ II

This cardio-based class takes the principal of martial arts and combines it with plyometric and powerful aerobic moves.

CORE DOMINATION ~ II

The Hard Core class will focus on exercises that help strengthen your core. The first half of the class will focus on abdominal exercises and the second half of class will focus on glut and thigh exercises.

INDUSTRIAL STRENGTH ~ II

Need to enhance muscle strength, endurance, & flexibility? Industrial Strength will define major muscle groups. Hand weights & bands will be used for resistance.

JOINTS IN MOTION ~ I

A slower paced class where participants perform a series of specially designed exercises to increase joint range of motion, strengthen muscles, and build endurance with minimum pressure on the joints.

KIDS-B-FIT

Class is for children 3-6 years old. The class will help develop motor and social skills as well as teaching basic health skills while having fun doing various exercise activities.



STEP INTERVAL ~ II

A step aerobic interval class combines cardio using the step and intervals of strength training to burn fat & tone muscles.

YOGA ~ II

This class will allow you to explore your own yoga path with awareness, strength, and growth. With support and encouragement each student will find their edge and discover their inner courage.



ZUMBA® ~ II

The Latin inspired, easy-to-follow, calorie burning feel-it-to-the-core FITNESS PARTY.™ Get into shape without knowing it! It's a FIESTA!

30-20-10 ~ III

30 min. of cardio, 20 min. of toning and 10 min. of abdominal work!! Good luck!