



# TCJPR SEPTEMBER FITNESS CLASSES 2019



## Monday

<b>HIIT:</b> Gym-Marisa	6:30-7:30 AM
<b>REFIT</b> Gym-Tammy	8:30-9:30 AM
<b>Latin Rhythm</b> —MR-Rosa	7:30-8:30 AM
<b>StrongHER:</b> MR-Marisa	10:15-11:15 AM
<b>Water Fit:</b> Pool	8:00-9:00 AM
<b>Water Fit:</b> Pool	9:00-10:00AM
<b>Yoga:</b> MR—Rachel	12:00 –1:00 PM
<b>Jazzercise:</b> MR—Pat	5:45-6:45 PM
<b>Whole Health:</b> Gym__	6:30-7:30 PM

## Tuesday

<b>Core &amp; More:</b> Gym-Marisa	6:30-7:30 AM
<b>Yoga:</b> MR— Elizabeth	8:30-9:30AM
<b>Rev+Flow:</b> Gym-Tammy	8:30-9:30 AM
<b>Deep Water Fit:</b> Pool	9:00-10:00 AM
<b>Yoga:</b> MR—Jill	4:15– 5:15 PM
<b>Jazzercise :</b> MR-Pat	5:30-6:30 PM

## Wednesday

<b>HIIT:</b> Gym-Marisa	6:30-7:30 AM
<b>REFIT:</b> Gym-Tammy	8:30-9:30 AM
<b>Water Fit:</b> Pool	8:00-9:00 AM
<b>Water Fit:</b> Pool	9:00-10:00 AM
<b>Bachata:</b> MR—Rosa	7:00—8:00 PM
<b>Whole Health:</b> Gym	6:30-7:30 PM

## Thursday

<b>Mountain Mobility:</b> Gym-Marisa	6:30-7:30 AM
<b>Rev+Flow:</b> Gym– Tammy	8:30-9:30 AM
<b>Yoga:</b> MR– Elizabeth	8:30-9:30 AM
<b>Deep Water Fit:</b> Pool	9:00-10:00 AM
<b>Yoga:</b> MR—Jill	4:15– 5:15 PM
<b>Jazzercise :</b> MR-Pat	5:30-6:30 PM

## Friday

<b>HIIT:</b> Gym-Marisa	6:30-7:30 AM
<b>Jazzercise :</b> MR– Christi	9:00-10:00 AM
<b>Water Fit:</b> Pool	9:00-10:00 AM
<b>StrongHER:</b> MR-Marisa	10:15-11:15 AM

## Sunday

<b>YOGA:</b> MR-Rachel	10:00-11:00 AM
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Check out our Yoga class in Mike Yokel Park September 27th @ noon and afterschool youth yoga Sept. 16th & 30th 4pm

“Bringing the Yoke back to Yoga” workshop September 28th 10-12am- Childcare provided

Please check our website for more info on these programs, Women’s Health and Fitness Week & more

### **Core & More- Marisa Laugen**

If you spend your "AB Days" doing crunches and sit-up variations, come to Core & More to spice things up. Or do you just need learn how to better activate, strengthen and tighten everything between your pecs and your legs? No matter your goal, this class will help increase your knowledge and strength of all the muscles that really make up your "core."

### **Jazzercise -Pat Ehrman / Christi McNeill**

Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. And did we mention? It's FUN!!

### **HIIT- Marisa Laugen**

The intensity will high, the training will vary. From tabata to partner work, team drills to challenging your own stamina, each class will be different, but the goal will always be the same- exiting the gym at the end of 60 sweat-filled minutes invigorated and ready to dominate the day.

### **Mountain Mobility:- Marisa Laugen**

You should never say "That's just my everyday pain," when discussing your movement patterns. In this lower intensity class we will build strength and stability around your most vulnerable areas, while improving flexibility, range of motion, balance, core strength and joint function to help decrease immobility and potential for future injuries.

### **Yoga - Rachel Holmes**

This class is an alignment-based hatha yoga class, inspired by classical yoga traditions and borrowing from modern schools of yoga as appropriate. The class often focuses on body awareness and low back strengthening, to encourage stability and mindfulness in class and beyond.

### **StrongHER:- Marisa Laugen**

Spend an hour with your Women's Fitness Specialist trainer stretching, strengthening and learning how to better support yourself in all the activities you enjoy. Every class will be a little different- high intensity one day, partner work the next, lower intensity core focus after that.

### **Latin Rythym— Rosa Sanchez**

Our classes focus on musicality, shines (open fancy footwork away from your partner), leading and following, step patterns, partnering skills. Our atmosphere is fun, inviting and socially welcoming. You do not need a partner for class.

### **REV+FLOW— Tammy Bartlett**

Is a dynamic workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to- follow movements and uplifting music. All fitness levels welcome!

### **REFIT—Tammy Bartlett**

Combines powerful movements with positive music that will change your body, but your body is only the beginning. Bottom line: REFIT is a great workout that you'll feel great about.

### **Yoga- Elizabeth Drapela**

" Clear your mind, balance your body and get centered. Learn specific tools to access all the benefits of yoga; increased flexibility and strength, breath efficiency and stress relief. This class focuses on skillful alignment to support steadfastness and ease as we move, stretch, balance and engage our awareness of the body and mind."

### **Yoga- Jill Oja-Johnson**

Join us for a combination of strength and stretching using yoga flow. This class still has the feel of a typical vinyasa while moving mindfully building both strength and balance on the yoga mat. Props may be used to target specific areas of the body.

### **Bachata— Rosa Sanchez**

Bachata is a dance from the Dominican Republic in the Caribbean islands. Both the music and the dance have been influenced by Cuban Bole-ro, the Merengue, Salsa and Cumbia. Bachata music has four beats per measure. In Bachata dancing, the dancer takes three steps to four beats of music. As with Salsa, the step timing is three steps and then a one-beat pause. The knees are flexed on the steps. Given its humble origins, the steps are flat footed.

### **Water Fit- Beginning/Intermediate- M/W/F—Sue Bybee, Dawna Wilson, Susan Dong.**

The beginner/intermediate class is held in chest deep water. Participants do not need to have any swimming ability to join in.

### **Water Fit- Intermediate/Advanced- T/TH**

Water based fitness classes that incorporates the use of equipment to maximize water resistance in all dimensions of movement, providing full range of motion and increased flexibility. Participants should be comfortable in deep water.