



# TCJPR Fitness Classes January 2019



## Monday

<b>HIIT:</b> Gym-Marisa	<b>6:30-7:30 AM</b>
<b>REFIT</b> MR-Tammy	<b>8:30-9:30 AM</b>
<b>Pre-k 3 Ballet</b> -Marisa	<b>9:30 –10:15AM</b>
<b>StrongHER:</b> MR-Marisa	<b>10:15-11:15 AM</b>
<b>Noon Fit:</b> Gym—Susan	<b>12:10– 1:00PM</b>
<b>PreK 4/5 Ballet</b> -Marisa	<b>11:30– 12:15AM</b>
<b>Water Fit:</b> Pool	<b>9:00—10:00 AM</b>
<b>REV+FLOW:</b> gym-Tammy	<b>11:00—12:00 AM</b>
<b>Zumba:</b> MR—Elvis	<b>5:00—6:00 PM</b>
<b>Whole Health</b>	<b>6:00-7:00 PM</b>

## Tuesday

<b>Core &amp; More:</b> Gym-Marisa	<b>6:30-7:30 AM</b>
<b>Yoga:</b> MR— Tricia	<b>8:30—9:30AM</b>
<b>Deep Water Fit:</b> Pool	<b>9:00-10:00 AM</b>
<b>Afterschool Ballet:</b> MR-Marisa	<b>3:45-4:45 PM</b>
<b>Jazzercise :</b> MR-Pat	<b>5:30-6:30 PM</b>

## Wednesday

<b>HIIT:</b> Gym-Marisa	<b>6:30-7:30 AM</b>
<b>ReFit:</b> Gym-Tammy	<b>8:30-9:30 AM</b>
<b>Water Fit:</b> Pool	<b>9:00-10:00 AM</b>
<b>Noon Fit:</b> MR-Susan	<b>12:10 -1:00 PM</b>
<b>Teen REV+FLOW</b> -MR –Tammy	<b>4:15-5:00 PM</b>
<b>Zumba:</b> MR—Elvis	<b>5:00—6:00 PM</b>
<b>Yoga:</b> MR– Maryt/Kate	<b>6:00-7:00 PM</b>

## Thursday

<b>Mountain Mobility:</b> Gym-Marisa	<b>6:30-7:30 AM</b>
<b>Yoga :</b> MR—Kate	<b>7:00—8:00 AM</b>
<b>REV+FLOW:</b> MR– Tammy	<b>8:15—9:10 AM</b>
<b>Yoga:</b> MR—Tricia	<b>9:15—10:15 AM</b>
<b>Deep Water Fit:</b> Pool	<b>9:00-10:00 AM</b>
<b>Aqua Zumba:</b> Pool –Amy	<b>10:00—11:00 AM</b>
<b>Yoga:</b> MR– Chrissy	<b>4:15-5:15 PM</b>
<b>Jazzercise :</b> MR-Pat	<b>5:30-6:30 PM</b>

## Friday

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



Classes designated in **blue** are rental classes. Fees are paid directly to the instructor.

HIIT, StrongHer, Core & More & Mountain Mobility canceled 12/26-1/5

Classes will continue Dec. 26th and 31st except for cancellations above. No classes Jan.1st.

### **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."

### **Dance Mix- Pat Ehrman**

This high-intensity dance workout combines modern moves with strength training. Set to Top 40 music, Dance Mix targets the three major muscle groups for a full body workout. 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.

### **Strength45- Pat Ehrman**

This muscle-sculpting, hurts-so-good-it's-worth-it class combines weights and resistance training to create a tight, lean body in 45 minutes.

### **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.

### **Noon Fit— Susan Colligan**

A mix of cardio, plyometrics, and strength training for the whole body during your lunch hour.

### **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- Tricia Ireland**

" 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- Kate Winters / Maryt Fredrickson**

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.

### **Aqua Zumba— Amy Faicco**

Aqua Zumba has been called a dance party in the pool, and in many ways it's just that. Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous for. If you want a fun, low-impact workout, you may want to give Aqua Zumba a try. ...

### **Water Fit- Beginning/Intermediate- M/W/F**

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.