

# West View Recreation Center

January - April 2024



## General & Specialty Fitness Classes\*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

### NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$70
- Specialty fitness class drop-in fee: \$10

General Class  
Specialty Class

• = All levels \*\* = Intermediate/Advanced  
= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gentle Flow Yoga • Monica 6:30-7:30 a.m.					
Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Cathy 8-8:45 a.m.	Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Coleen 8-8:45 a.m.	SilverSneakers Circuit® • Coleen 8-8:45 a.m.	REB3L Strength & Groove • 8-9 a.m. Regina
SilverSneakers Circuit® • Kelly 9-9:45 a.m.	Body Flex • Kelly 9-9:45 p.m.	SilverSneakers Circuit® • Coleen 9-9:45 a.m.	Barre Gold • Kelly 9-9:45 a.m.	Flex and Stretch • Kelly 9-9:45 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.	Barre • Kelly 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Strength • Kelly 10-11 a.m.	Mindful Flow Yoga • Adrien 10-11 a.m.	
	Gentle Flow Yoga • Solo 11:45 a.m.-12:45 p.m.	Tai Chi • Bud 12-1 p.m.	Gentle Flow Yoga • Solo 11:45 a.m.-12:45 p.m.	SilverSneakers Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
SilverSneakers Yoga® • Irene 3-4 p.m.	Pound • April 4:15-5 p.m.	SilverSneakers Yoga® • Irene 3-4p.m.	Pound • April 4:15-5 p.m.		
Tabata • Monica 5:15-6:15 p.m.	Barre • Monica 5:15-6:15 p.m.	Flex & Stretch • Monica 5:15-6:15 p.m.	Zumba • Kasey 5:15-6:15 p.m.		
Yogalates • Monica 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.	REB3L Groove • 6:30-7:15 p.m. REB3L Strength • 7:15-7:45 p.m. Regina		

\*Updated 3/4/24

\*All classes listed are subject to change or cancellation.

# West View General Fitness & Specialty Class Descriptions

## \*Barre®

Fusing the best of Pilates, yoga, strength training and dance, Barre delivers a results-driven workout that is fun, dynamic and will sculpt you into amazing shape!

## \*Gentle Flow Yoga

Explore slow-flowing movements as you improve body awareness, balance and breathing techniques. Beginners and seasoned practitioners can relax in a calm, safe environment.

## \*Mindful Flow Yoga

Align mind, body and breath in this all-levels class that increases flexibility, strength and balance while focusing on breath and body awareness in space.

## \*Pilates Strength

Align mind and body in this all-levels class that increases flexibility, strength and balance. Gain more core strength and shapely muscle tone.

## \*Vinyasa Yoga

Feel strong and rejuvenated while enhancing your mind-body connection. Flow through a series of yoga poses linked with even breath. Explore alignment or opt for the progressive options.

## \*Yogalates

Benefit from the long, lean, toned muscles of Pilates as well as the balance, strength and flexibility of yoga. May incorporate props.

## \*Zumba®

Ditch the workout.... Join the party! Zumba® fuses Latin and other world dance rhythms to create an exhilarating fitness experience. Escape the daily grind and dance away your worries!

## \*Zumba Gold®

Strut, shake and shimmy your way to world rhythms in this energetic fitness dance party. Same exhilarating experience as Zumba® focusing on lower-impact options.

## Body Flex

Hit the weights in this easy-to-follow class using barbells, hand weights and other resistance tools to build muscle, boost metabolism, and increase endurance.

## POUND

Release your inner rockstar! Become the music in this exhilarating workout that combines cardio, Pilates, plyometric, and isometric movements. Designed for all fitness levels, POUND provides the perfect atmosphere for cutting loose and getting energized while toning up and rockin' out!

## Flex and Stretch

Build strength, flexibility and range of motion with weights, body bars, bands, and Fit balls. Benefits: Improves flexibility, range of motion, burns calories, builds muscle.

**REB3L Groove** fuses hard-hitting choreography with HIIT mechanics and powerful music, resulting in a high-intensity, boot camp style dance fitness format.

**REB3L Strength®** Choreographed toning routines set to powerful music. Create a sculpted body and build physical strength using body weight, minimal equipment, and low-impact/high repetition training.

## SilverSneakers® Circuit

Alternates standing low-impact moves with standing upper body strength. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A step up from Classic and can be adapted for all fitness levels.

## SilverSneakers® Classic

Strengthen muscles and increase range of motion for daily life activities. Incorporates hand weights, elastic tubing and a small fitness ball. A chair is used for seated exercises or standing support.

## SilverSneakers® Yoga

Complete seated and standing yoga poses, suitable for beginners to seasoned yoga practitioners. Increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## Tabata

Easy-to-follow training style performing 20-second high intensity intervals followed by 10 seconds of rest. Delivers a challenging full-body workout that keeps you burning calories post workout.

## Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful, slow motion movements to relieve stress as you improve balance, posture, flexibility, and internal energy.

