

Pocatello Community Recreation Center FALL 2021 FITNESS AND AQUACISE SCHEDULE

AQUACISE:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Julie)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Trina)	7:00-8:00 am Aquacise (Julie)	
	8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aquacise (Julie)	8:00-9:00 am Aquacise (Carma)	8:00-9:00 am Aquacise (Carma)	8:00-9:00 am Aquacise (Julie)	
	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)	5:30-6:30 pm Aquacise (Kristin)		

FITNESS:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45-7:30 pm Pound (Elena)		6:45-7:30 pm Pound (Elena)		
			7:00-7:50 am Yoga (Julie)			
	9:30-10:30 am Yoga (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Yoga (Julie)	9:30-10:25 am Yoga (Julie)	9:30-10:30 am Beg: P90X® (Julie)	
	11:00-11:50 am Pilates (Julie)	10:30-11:30 am Chair Fun (Julie)	11:00-11:50 am Pilates (Julie)	10:30-11:30 am Chair Fun (Julie)	10:30-11:30 am Chair Yoga (Julie)	
	12:00-1:00 pm Yoga (Julie)		12:00-1:00 pm Yoga (Julie)	12:00-1:00 pm Pilates (Julie)	12:00-1:00 pm Yoga (Julie)	
4:00-4:45 pm Barre & Pilates (Bunny) Beginnng 9/12	5:30-6:30 pm Zumba® (Jaime)	5:30-6:30 pm Interval Training (Sarah)	5:30-6:30 pm Zumba® (Jaime)	5:30-6:30 pm Muscle Pump (Sarah)		

Barre & Pilates: combination of specific exercises and breathing techniques that strengthens and stretches muscles, especially those in the “core” of the body to achieve strength, flexibility, and coordination.

Chair Fun: This class is friendly and sociable and are for people who want to improve their mobility, strength and balance.

Chair Yoga: Gentle form of yoga that is practiced sitting on a chair or standing using the chair for support.

Interval Training: this class improves fitness, health, speed, and stamina by using short bursts of higher-intensity activities with moderate periods of recovery throughout the workout.

Muscle Pump : using dumbbells, bands, medicine balls and your own body weight, you will feel muscles burn and your body become stronger during this muscle Conditioning class. All levels are welcomed and encouraged, modifications always demonstrated.

P90X® Live for beginners : A group-focused, total-body strength and cardio class designed for people of all levels. Our instructors modify the moves to challenge ALL levels, from beginners to advanced.

Pilates: Improve core control, coordination, standing alignment and balance with these great exercises.

Yoga: This beginning yoga class covers breathing techniques and basic yoga postures. You will become more in tune with your body, as you strengthen and tone.

Pound®: A 45 minute cardio jam session using ripstix to make noise as we squat, lunge, and pound the mat. A full body workout that is sure to leave you feeling like fitness rock star!

Zumba®: Ditch the workout with Zumba®! Zumba® combines Latin and International music with a fun and effective workout system. Anybody at any level can Join the Party!