

# FITNESS

All Fitness classes, with the exception of T'ai Chi Chih, are included in the cost of membership covered **on Page 5**.

## Cardio

### Cycle

Cycle brings the outdoor cycling experience indoors, creating a challenging but attainable workout for all ability levels. Motivating instruction and driving music will keep you energized as you work your way through a variety of hill climbs, flat terrains, interval training and sprint-to-the-finish exercises. Each workout is different, as the instructor guides you through different terrains for each class.

**Location:** Willow Room, Windsor CRC

**Ages:** 16+

1/2 - 4/24	M	5:15 - 6:15 a.m.
1/3 - 4/25	Tu	6:15 - 7:15 a.m.
1/3 - 4/25	Tu	Noon - 12:45 p.m.
1/4 - 4/26	W	5:15 - 6:15 a.m.
1/5 - 4/27	Th	6:15 - 7:15 a.m.
1/5 - 4/27	Th	Noon - 12:45 p.m.
1/6 - 4/28	F	5:15 - 6:15 a.m.

### Zumba

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/3 - 4/25	Tu	6:40 - 7:40 p.m.
1/5 - 4/27	Th	6:40 - 7:40 p.m.
1/6 - 4/28	F	9:30 - 10:30 a.m.
1/7 - 4/29	Sa	8:15 - 9:15 a.m.

### Soul Sweat

Break into ecstatic movement and unbridled soul expression with the funky fusion and world beats of Soul Sweat! Developed by Chantal Pierrat, Soul Sweat is an exhilarating dance experience that enhances coordination, tones your body, increases your dynamic flow of energy and awakens your creative spirit.

**Ages:** 16+

**Location:** Willow Room, Windsor CRC

1/2 - 4/24	M	8:30 - 9:30 a.m.
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**Location:** Cypress Room, Windsor CRC

1/5 - 4/27	Th	9:30 - 10:30 a.m.
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### Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles are offered for resistance. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

**Location:** Willow Room, Windsor CRC

**Ages:** 55+

1/3 - 4/25	Tu	8:10 - 9 a.m.
1/5 - 4/27	Th	8:10 - 9 a.m.

### Revive

This class will bring members back to life — reviving their physical fitness through exercise. It will offer low-intensity strength training, endurance, balance and flexibility. This could be a continuation of physical therapy for some and for others, a start or return to exercise.

**Location:** Willow Room, Windsor CRC

**Ages:** 16+

1/3 - 4/25	Tu	9:15 - 10:05 a.m.
1/5 - 4/27	Th	9:15 - 10:05 a.m.

### Senior Shape Up

Enjoy the benefits of a low-impact class designed to improve flexibility, strength, balance and coordination in all fitness levels.

**Location:** Willow Room, Windsor CRC

**Ages:** 55+

1/3 - 4/25	Tu	8:10 - 9 a.m.
1/5 - 4/27	Th	8:10 - 9 a.m.

## Strength

### Body Pump

The original barbell class that strengthens your entire body. This 60-workout class challenges all major muscle groups by using weight-room exercises, like squats, presses, lifts and curls.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/2 - 4/24	M	8:15 - 9:15 a.m.
1/2 - 4/24	M	Noon - 1 p.m.
1/3 - 4/25	Tu	5:15 - 6:15 a.m.
1/4 - 4/26	W	8:15 - 9:15 a.m.
1/4 - 4/26	W	Noon - 1 p.m.
1/5 - 4/27	Th	5:15 - 6:15 a.m.
1/6 - 4/28	F	Noon - 1 p.m.

### Fitness, Fun and Flexibility

This total-body workout challenges all of your major muscles groups by using weights, bands and your own body weight. The last 15 minutes of class will include stretching and cool down. Strength, endurance, mobility and flexibility are all components of this class.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/2 - 4/24	M	5:30 - 6:30 p.m.
1/4 - 4/26	W	5:30 - 6:30 p.m.
1/5 - 4/27	Th	8:15 - 9:15 a.m.

### RIPPED

A "Plateau Proof Fitness Formula," RIPPED is instructed by master trainer Pauline Brown. This workout masterfully combines Resistance, Intervals, Power, Plyometric, Endurance and Diet (RIPPED).

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/3 - 4/25	Tu	8:15 - 9:15 a.m.
1/3 - 4/25	Tu	5:30 - 6:30 p.m.

## Yoga

### Beginner Yoga

For the beginning yoga student who is interested in learning basic yoga poses, while experiencing improvement in health and well being. This class is accessible for all ages and body types. Join us in a welcoming and friendly atmosphere.

**Location:** Willow Room, Windsor CRC

**Ages:** 16+

1/7 - 4/29	Sa	8:05 - 9:05 a.m.
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### Vinyasa Yoga

For the experienced yoga individual, this is a challenging class that develops strength, endurance, flexibility and balance. Knowledge of a variety of yoga poses is encouraged. Class can vary from Vinyasa Flow to Ashtanga to Power Yoga.

**Location:** Willow Room, Windsor CRC

**Ages:** 16+

1/7 - 4/29	Sa	9:15 - 10:15 a.m.
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### Yoga Flow

A Vinyasa class for all levels linking breath with movement. You will be guided through a moderately paced series of postures, creating an energizing flow of dance-like movement. Each pose is cued with an emphasis on safety and alignment. Modifications and variations are offered throughout class so that each student can individualize their own practice.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/3 - 4/25	Tu	9:30 - 10:30 a.m.
1/4 - 4/26	W	8:30 - 9:30 a.m.

### Yoga Sport

Yoga Sport is an athletic, dynamic, challenging yoga class that combines yoga and weights for strength training. This invigorating practice focuses on cardio, core strength, balance and flow to strengthen the body.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/2 - 4/24	M	6:40 - 7:40 p.m.
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### Evening Yoga

For the yoga student who enjoys relaxation, Evening Yoga is designed to release tension and encourage flexibility. This class focuses on stretching and relaxation. All fitness levels, ages and body types are welcome.

**Location:** Willow Room, Windsor CRC

**Ages:** 16+

1/3 - 4/25	Tu	7:30 - 8:30 p.m.
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### Vinyasa Flow

Vinyasa Flow is an invigorating yoga class that fuses a series of flowing postures that focus on strength, endurance, balance and flexibility, while linking the breath to movement. All levels are encouraged to attend.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/4 - 4/26	W	6:40 - 7:30 p.m.
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### Morning Energy Yoga

This is an energetic class that develops strength, endurance, flexibility and balance designed to get you going in the morning. Join us in working out the kinks and waking up to start your day. Prior knowledge of yoga poses is encouraged, but not necessary.

**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/4 - 4/26	M, W	6:15 - 7:15 a.m.
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### Power Yoga

This workout will help participants gain improved flexibility, balance, strength and posture. This class may incorporate basic poses from various yoga styles.

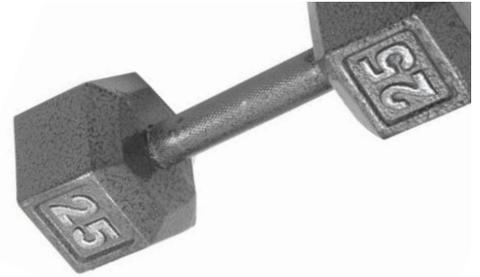
**Location:** Cypress Room, Windsor CRC

**Ages:** 16+

1/6 - 4/28	F	8:15 - 9:15 a.m.
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# FITNESS



## Special

Pre-Registration Required

### Indoor Fun Triathlon: 'Give It a Tri!'

Bringing the full triathlon experience indoors in just one hour! Our indoor triathlon will consist of 20 minutes swimming, 20 minutes on stationary bike, and 20 minutes around our elevated walking track for as many laps as you can run, walk or crawl. Whoever covers the most distance wins!

**Location:** Meet at the Windsor CRC

**Ages:** 12+

**Registration Deadline:** Monday before session

3/18	Sa	8 a.m. - Noon	\$30	1493311
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### T'ai Chi Chih

Achieve a healthier mind, body and spirit through an inner discipline that focuses on circulation and balancing your body's natural energy. T'ai Chi Chih is a slow-moving meditation that is fun, easy and enjoyable. Reported benefits include reduced stress, strengthened immune system, weight and blood pressure control, and better balance and flexibility. The 19 gentle movements and one pose can be done by anyone regardless of age or physical ability, including those in wheelchairs.

**Location:** Willow Room, Windsor CRC

**Ages:** 12+

*T'ai Chi Chih Beginning*

1/9 - 2/27	M	Noon - 1 p.m.	\$60	114870.02
3/6 - 4/24	M	Noon - 1 p.m.	\$60	114870.04

*T'ai Chi Chih Continued*

1/9 - 2/27	M	10:45 - 11:45 a.m.	\$60	114870.01
3/6 - 4/24	M	10:45 - 11:45 a.m.	\$60	114870.03

## Personal Training Meet Your Trainer

### START NOW AT THE WINDSOR CRC

Get a personal touch on fitness with competitive, comprehensive personal training sessions available throughout the year.

#### Single Person

1-Hour Sessions		Half-Hour Sessions	
1 session	\$50	1 session	\$30
5 sessions	\$225	10 sessions	\$250
10 sessions	\$400	20 sessions	\$400

### Youth Fitness

The Community Recreation Center is now offering an opportunity for kids to work out (warming-up, strength building and endurance training) twice a week with one of the CRC's personal trainers. Please dress appropriately and be sure to bring water.

A mandatory parent meeting will be held at the beginning of the first workout session of each month. Come prepared and motivated for a challenging workout!

**Location:** Windsor CRC

**Registration Deadline:** One week prior

**Ages:** 9-12

1/2 - 1/25	M, W	4 - 5 p.m.	\$50	149325.01
1/30 - 2/22	M, W	4 - 5 p.m.	\$50	149325.03
2/27 - 3/22	M, W	4 - 5 p.m.	\$50	149325.05
4/3 - 4/26	M, W	4 - 5 p.m.	\$50	149325.07

**Ages:** 13-17

1/3 - 1/26	Tu, Th	4 - 5 p.m.	\$50	149325.02
1/31 - 2/23	Tu, Th	4 - 5 p.m.	\$50	149325.04
2/28 - 3/23	Tu, Th	4 - 5 p.m.	\$50	149325.06
4/4 - 4/27	Tu, Th	4 - 5 p.m.	\$50	149325.08

### Junior Fitness Program

Earn the privilege to use the fitness floor before age 16. Participants will meet in small groups with a fitness staff member and learn fitness floor rules, safety and spotting, and correct use of equipment. Upon successful completion, ages 12-15 may use the fitness floor and equipment without adult supervision. Participants must successfully pass all areas of the program and be proficient in exercise technique, safety and fitness floor etiquette to receive the card.

**Wednesdays at 4 p.m. | \$10 | Ages 12-15**

#149350



**Kevin Hinkle, AFPA Certified Personal Trainer**

- Sports Nutrition for Health and Performance
- Principles of Weight Training for Young Athletes
- Weight Training for Seniors
- Experienced with clients with Autism, Aspergers, ADHD and ADD.

## Full Schedule

### Cypress Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6:15 a.m.		Body Pump 5:15 - 6:15 a.m.		Body Pump 5:15 - 6:15 a.m.		
6:15 - 7:15 a.m.	Morning Energy 6:15 - 7:15 a.m.		Morning Energy 6:15 - 7:15 a.m.			
8:10 - 9 a.m.	Body Pump 8:15 - 9:15 a.m.	RIPPED 8:15 - 9:15 a.m.	Body Pump 8:15 - 9:15 a.m.	Fit, Fun, Flex 8:15 - 9:15 a.m.	Power Yoga 8:15 - 9:15 a.m.	Zumba 8:15 - 9:15 a.m.
9:15 - 10:15 a.m.		Yoga Flow 9:30 - 10:30 a.m.		Soul Sweat 9:30 - 10:30 a.m.	Zumba 9:30 - 10:30 a.m.	Body Pump 9:30 - 10:30 a.m.
10:45 - 11:45 a.m.						
Noon - 1 p.m.	Body Pump Noon - 1:00 p.m.		Body Pump Noon - 1:00 p.m.		Body Pump Noon - 1:00 p.m.	
5:30 - 6:30 p.m.	Fit, Fun, Flex 5:30 - 6:30 p.m.	RIPPED 5:30 - 6:30 p.m.	Fun, Fit, Flex 5:30 - 6:30 p.m.	Body Pump 5:30 - 6:30 p.m.		
6:30 - 7:30 p.m.	Yoga Sport 6:40 - 7:40 p.m.	Zumba 6:40 - 7:40 p.m.	Vinyasa Flow 6:40 - 7:30 p.m.	Zumba 6:40 - 7:40 p.m.		

### Willow Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 - 6 a.m.	Cycle 5:15 - 6:15 a.m.		Cycle 5:15 - 6:15 a.m.		Cycle 5:15 - 6:15 a.m.	
6:15 - 7:15 a.m.		Cycle Fusion 6:15 - 7:15 a.m.		Cycle Fusion 6:15 - 7:15 a.m.		
8:10 - 9 a.m.	Soul Sweat 8:30 - 9:30 a.m.	Sr Shape-Up 8:10 - 9:00 a.m.	Yoga Flow 8:30 - 9:30 a.m.	Sr Shape-Up 8:10 - 9:00 a.m.		Beginner Yoga 8:05 - 9:05 a.m.
9:15 - 10:15 a.m.	Silver Sneakers 9:30 - 10:15 a.m.	Revive 9:15 - 10:05 a.m.		Revive 9:15 - 10:05 a.m.	Silver Sneakers 9:30 - 10:15 a.m.	Vinyasa Yoga 9:15 - 10:15 a.m.
10:45 - 11:45 a.m.	T'ai Chi Chih 10:45 - 11:45 a.m.					
Noon - 1 p.m.	T'ai Chi Chih Noon - 1:00 p.m.	Cycle Noon - 12:45 p.m.		Cycle Noon - 12:45 p.m.		
5:30 - 6:30 p.m.						
6:30 - 7:30 p.m.						
7:30 - 8:30 p.m.		Evening Yoga 7:30 - 8:30 p.m.				



**Toby Davis, NASM Certified Personal Trainer**

- College Athletics and Athletic Preparation
- High School Basketball
- High School Track and Field
- One-on-One Athletics



**Kelsey Ibarra, AFAA Certified Personal Trainer**

- Senior Fitness
- Group Training
- Circuit Training and Resistance Training
- Nutrition