

# Fitness Class Schedule

(Beginning October 18, 2021)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>5:15-6 a.m. <b>Early Birds</b> (Marcia)</p> <p>8-9 a.m. <b>Aquatic Aerobics</b> (Rita)</p> <p>6:15-7:15 p.m. <b>Boot Camp w/TFit</b> (Tiffany)</p>	<p>6 a.m. <b>Yoga</b> (Colleen)</p> <p>6-7 p.m. <b>Zumba</b> (Claudia)</p>	<p>5:15-6 a.m. <b>Early Birds</b> (Marcia)</p> <p>8-9 a.m. <b>Aquatic Aerobics</b> (Rita)</p> <p>6:45-7:30 p.m. <b>Aqua Zumba</b> (Cody)</p>	<p>6 a.m. <b>Yoga</b> (Colleen)</p> <p>6-7 p.m. <b>Zumba</b> (Claudia)</p> <p>7:15-8:15 p.m. <b>Xtreme Hip Hop</b> (Kryste)</p>	<p>5:15-6 a.m. <b>Early Birds</b> (Marcia)</p> <p>6 a.m. <b>Yoga</b> (Colleen)</p> <p>8-9 a.m. <b>Aquatic Aerobics</b> (Rita)</p>	<p>8:15-9:15 a.m. <b>Boot Camp w/TFit</b> (Tiffany)</p> <p>9-9:45 a.m. <b>Aqua Zumba</b> (Cody)</p>

**All regular classes are included with membership.**

**Aquatic Aerobics:** A medium intensity water-based aerobics class designed to benefit any adult student. **Dress according to pool rules.**

**Early Birds:** A class for ALL fitness levels that want to be more fit in a less intense, fun, supportive community atmosphere.

**Yoga:** Provides the opportunity to tone and strengthen the core while bringing the mind and body into harmony in a matter that lowers the pulse rate and blood pressure, improves sleep and immunity, and yet is challenging for the beginner and advanced student alike. **Bring a mat to explore this Yoga Experience.**

**Boot Camp w/TFit;** This class will be a combination of HIIT, circuit training, Strength training, body weight, and core strengthening. Guaranteed to get your heart rate up, burn fat, build muscle and tone in a great, positive atmosphere.

**Zumba:** When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.

**Xtreme Hip Hop w/ Kryste** A beginner's level of cardio, strengthening and toning with continual movements. High energy driven with music and class motivation pushing to reach goals and live your best life! A step platform is recommended but not required.

**Aqua Zumba:** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Blends the Zumba philosophy with water resistance. There is less impact on your joints during this class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Dress according to pool rules.**

#### **Bill Harmon Recreation Center**

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