



BILL HARMON RECREATION CENTER

Fitness Class Schedule

Phone: (501) 835-6893 • Address: 51 Shelby Road, Sherwood, AR 72120 • Contact: Julie Greene • Email: jagreene@cityofsherwood.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)	9 a.m. Chair Yoga (Debbie)	5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)		5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)	8:15-9:15 a.m. Boot Camp w/TFit (Tiffany) 9-9:45 a.m. Aqua Zumba (Cody)
4:30-5:30 p.m. Extreme Hip Hop Step Aerobics (Kamiah)	6:15-7:15 p.m. Boot Camp w/TFit (Tiffany)	6-7 p.m. Zumba (Claudia) 6:30-7:30 p.m. Extreme Hip Hop Step Aerobics (Kamiah)	6:45-7:30 p.m. Aqua Zumba (Cody)	6-7 p.m. Zumba (Claudia) 6:15-7:15 p.m. Fab Abs & Glutes (Tiffany)		

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.**

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.**

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.

Chair Yoga: A way to move even though you don't think you can! Beginners or advanced. Come enjoy and experience a new way of stretching to advance your journey in life.

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

Extreme Hip Hop Step Aerobics: This is a new spin on traditional step aerobics and includes routines set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn!

Fab Abs & Glutes: Using bodyweight, weights or bands, this class will strengthen, sculpt, and tone your core, glutes and thigh muscles in a fun, energetic and 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.