

# Payne Recreation Center

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY                                | FRIDAY   | SATURDAY  |
|---|---|--|---|--|---|
| 9:30 AM<br><b>Silver Sneakers</b><br>Michelle De. | 6:00 AM<br><b>Pound</b><br>Lea                      | 9:30 AM<br><b>Silver Sneakers</b><br>Michelle De.  | 6:00 AM<br><b>Pound</b><br>Lea          | 11:30 AM<br><b>Tone &amp; Sculpt</b><br>Michelle Da. |   |
| 11:30 AM<br><b>Zumba</b><br>Michelle De.          | 9:30 AM<br><b>Tone &amp; Sculpt</b><br>Michelle Da. | 11:30 AM<br><b>Zumba</b><br>Michelle De.           | 7:00 AM<br><b>HIIT</b><br>Michelle G.   |  | 10:00 AM<br><b>Zumba</b><br>Shelly/Michelle De. |
| 5:30 PM<br><b>Zumba</b><br>Michelle De.           | 11:30 AM<br><b>Zumba</b><br>Shelly                  | 5:00 PM<br><b>Tone &amp; Sculpt</b><br>Michelle G. | 5:30 PM<br><b>Zumba Fusion</b><br>Amber |  | 11:15 AM<br><b>Belly Dance</b><br>Colleen       |
| 6:30 PM<br><b>Pilates</b><br>Michelle G.          | 5:30 PM<br><b>Spin</b><br>Michelle G.               | 6:30 PM<br><b>Zumba Fusion</b><br>Shelly/Amber     | 6:30 PM<br><b>Zumba</b><br>Shelly       |  |   |
| 6:30 PM<br><b>Teen Fitness</b><br>Michelle De.    | 6:30 PM<br><b>Yoga</b><br>Kris                      | 7:30 PM<br><b>Pound</b><br>Lea                     | 7:30 PM<br><b>TRX</b><br>Michelle G.    |  |   |
| 7:30 PM<br><b>Pound</b><br>Lea                    | 7:30 PM<br><b>Zumba</b><br>Tosha                    |  |   |  |   |

**NEW CLASS - Pound**

7:30 PM: **Mon & Wed**  
6:00 AM: **Tues & Thu**

POUND® is world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums.

**Belly Dancing**

11:15 AM: **Sat**

Work out your abs and entire body. Improve posture, muscle tone & overall body conditioning.

**Spin**

5:30 PM: **Tue**

This class is interval training from toning to spinning.

**HIIT**

7:00 AM: **Thu**

This class alternates between intense bursts of activity and fixed periods of less-intense activity or rest. Get FIT with HIIT!

**Teen Fitness**

6:30 PM: **Mon**

Ages 11-up are encouraged to join this fun, energetic class to learn the basics of fitness and aerobic exercise. This class will meet in the Mentoring Youth Room and utilize the gym and other weight rooms.

**Yoga**

6:30 PM: **Tue**

Yoga has been touted to add flexibility, help participants with chronic disease and decrease stress. You will gently strengthen and stretch while increasing your flexibility and improving your balance.

**Pilates**

6:30 PM: **Mon**

Instead of the "fast" pace of a regular exercise class, Pilates focuses on improving flexibility and strength in a slow and controlled manner. This class incorporates the body-mind connection helping you focus on muscle and their use.

**Tone & Sculpt**

9:30 AM: **Tue**    5:00 PM: **Wed**  
11:30 AM: **Fri**

We focus on the body's weak points and help strengthen the back and spine, knees, and neck.

**Zumba**

11:30 AM: **Mon - Wed**  
5:30 PM: **Mon**    7:30 PM: **Tues**  
6:30 PM: **Thu**    10:00 AM: **Sat**

Zumba is a mix of movements from Latin dances and music. It is equal part dancing and aerobics and will burn between 500 and 700 calories per class.

**Silver Sneakers**

9:30 AM: **Mon & Wed**

You DO NOT have to be a Silver Sneakers member to join this class. Designed to increase muscular strength, range of movement, and activities for daily living. Hand held weights, bands, and SS balls are offered for resistance.

**TRX**

7:30 PM: **Thu**

TRX Suspension Training exercise develops strength, balance, flexibility and core stability simultaneously. TRX Suspension Trainer is a performance training tools that leverages gravity and the user's body weight to complete hundreds of exercises.

**Zumba Fusion**

6:30 PM: **Wed**    5:30 PM: **Thu**

An energizing mix of Zumba, cardio dance, strength and balance training. Join the party to get your heart pumping and muscles toned.