

Payne Recreation Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM Boot Camp Michelle G.	6:00 AM Pound Lea	8:30 AM Yoga Kris	7:00 AM Pilates Michelle G.	9:30 AM Silver Sneakers Michelle De.	
9:30 AM Silver Sneakers Michelle De.	9:30 AM Tone & Sculpt Michelle Da.	9:30 AM Silver Sneakers Michelle De.	11:30 AM HIIT Travis	10:30 AM Tone & Sculpt Michelle Da.	
5:30 PM Zumba Michelle De.	5:30 PM Spin/TRX Michelle G.	5:30 PM Tone & Sculpt Michelle G.	5:30 PM Dance Fitness Tosha		
6:30 PM Pilates Michelle G.	6:30 PM Yoga Kris	6:30 PM Zumba Fusion Amber	6:30 PM Yoga Kris	9:00 AM Boot Camp Michelle G.	
6:30 PM Teen Fitness Michelle De.	7:30 PM Zumba Fusion Shelly/Amber	7:30 PM Pound Lea	7:30 PM HIIT Michelle G.	10:00 AM Zumba Shelly/Michelle De.	
7:30 PM HIIT Travis				11:00 AM Stretching Amber/Tosha	

Boot Camp

7:00 AM: **Mon** 9:00 AM: **Sat**

Boot Camp will build your strength and endurance by combining high-intensity with strength training intervals.

Silver Sneakers

9:30 AM: **Mon, Wed, Fri**

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.

Yoga

6:30 PM: **Tue & Thu**
8:30 AM: **Wed**

You will gently strengthen and stretch while increasing your flexibility and improving your balance.

Dance Fitness

5:30 PM: **Thu**

Dance Fitness is where Zumba meets Hip Hop and Pop. It's a non-judgmental sweaty dance party to today's Top Hits!

Spin/TRX

5:30 PM: **Tue**

This class is interval training from toning to spinning.

Zumba

10:00 AM: **Sat**

Zumba is a mix of movements from Latin dances and music. It is equal part dancing and aerobics.

HIIT

7:30 PM: **Mon** 11:30 AM: **Thu**
7:30 PM: **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.

Zumba Fusion

7:30 PM: **Tue** 6:30 PM: **Wed**

An energizing mix of Zumba, cardio dance, strength and balance training.

Pilates

6:30 PM: **Mon** 7:00 AM: **Thu**

This class incorporates the body-mind connection helping you focus on muscle and their use.

Tone & Sculpt

9:30 AM: **Tue** 5:30 PM: **Wed**
10:30 AM: **Fri**

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

NEW CLASS - Stretching

11:00 AM: **Sat**

This low impact class will relax and stretch your whole body to improve your muscle tone and flexibility.

Pound

6:00 AM: **Tues** 7:30 PM: **Wed**

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