



Green River Recreation Center Class Schedule

Effective: October-November, 2019

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
5:15AM	Pump N' Flex*	Group Cycling*	Pump N' Flex*	Group Cycling*	Pump N' Flex*		
6:30 AM	Shallow Water Aerobics		Shallow Water Aerobics		Shallow Water Aerobics		
8:00AM	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
9:00AM	Yoga ----- Shallow Water Aerobics	Circuit Training in Weight Room ----- Shallow Water Aerobics	Yoga ----- Shallow Water Aerobics	Pump N' Flex ----- Shallow Water Aerobics	Yoga ----- Shallow Water Aerobics		
10:30AM	Silver Sneakers Stability	Silver Sneakers Classic	10:15-10:45AM (30 Minutes)	Silver Sneakers Classic			
6:00PM	Pump N' Flex	ZUMBA fitness	ZUMBA fitness	Pump N' Flex			
7:15PM	ZUMBA fitness	* ROCKOUT. WORKOUT. *		* ROCKOUT. WORKOUT. *			

Classes are one hour long unless noted otherwise.

*These classes are 45 minutes in duration



ROCKOUT WORKOUT - POUND - Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums



Experience the thrill of outdoor cycling inside! In our authentic and athletic **Group Cycling** class, motivating instructors and up-tempo music keep you energized as you sweat through grueling hill climbs, flat terrain and anaerobic intervals.



GO DEEP! Experience a more intense water workout in the deep end of the pool with our **Deep Water Aerobics** class! Challenging core stabilization exercises will help you meet your fitness goals.



Silver Sneakers® group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs, and ALL of those who enjoy a positive, upbeat social environment.

Pump ‘N Flex is our barbell class that targets every major muscle group in the body. Participants are led through a series of exercises including squats, presses, lifts, and curls. If you have ever wanted to strength-train, but didn't want to use the weight room, this class is for you!

Circuit Training in the Weight Room combines a series of aerobic and weight-training exercises that simultaneously helps to build both muscular strength and cardiovascular endurance. Add this class to your existing workout routine and obtain the maximum results from your exercise program!

Shallow Water Aerobics is a vigorous form of exercise, using the resistance and buoyancy of the water. Water Aerobics improves breathing and increases energy without the stress on joints. Look for our **HYDRO-FIT** water cuffs and hand buoys!



Improve flexibility, strength and balance while calming the mind and reducing stress! **Yoga** is appropriate for all ages and fitness levels! Can't touch your toes? No problem! Work at your own skill level to improve fitness and ability!



ZUMBA is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. It's fun! It's different! It's easy! It's effective!



If ADA accommodations are needed, please call (307) 872-0511, (307)872-0509 fax