











Green River Recreation Center Class Schedule

Effective: January, 2022

	<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	Instructor's Choice	Group Cycling	Pump N' Flex		
8:00AM	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics		
9:00AM	Yoga	Circuit Training in the Weight Room	Yoga	Group Cycling	Pump N' Flex		
9:15AM	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics		
10:00AM							
10:30AM							
6:00PM		Group Cycling					

Classes are 45 minutes in duration
 Sign up at the front desk no more than 30 minutes before start time.
 Please contact Sherry at 872-0517 with questions or comments.



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.

They say variety is the spice of life! Well, spice up your life with our **Instructors Choice class!** Each class will feature a different format. We will announce in classes beforehand and post on our social media pages so you will know which class to expect. Come check it out! You may discover a new favorite class!

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!



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!

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!



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.



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

Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, **Barre Above®** delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and keep you coming back for more!



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.