

# CLAY MADSEN RECREATION CENTER

## GROUP EXERCISE SCHEDULE

FALL

9/3/2024-12/21/2024

### MONDAY

8:00A-8:45A  
TORCHY TABATA  
TERI (15)

9:00A-9:45A  
ROCKILATES  
TERI (15)

9:30A-10:20A  
AQUA FIT  
MO (35)

10:15A-11:00A  
TIME 2 HIIT IT  
JOE (20)

5:30P-6:15P  
POWER ZONE  
MO (20)

6:30P-7:30P  
ZUMBA  
HANS (40)

### TUESDAY

8:00A-8:45A  
POWERZONE  
MO (20)

8:30A-9:20P  
AQUA ZUMBA  
HANS (35)

9:00A-10:00A  
CORE & BALANCE  
ALEJANDRA (18)

9:30A-10:15A  
AQUA  
POWERZONE  
MO (35)

10:15A-11:00A  
POWERZONE &  
FOAM  
JOE (11)

12:00P-1:00P  
ZUMBA  
HANS (40)

6:00P-7:00P  
AQUA ZUMBA+  
JEWELL (25)

6:00P-7:00P  
CYCLE YOGA FUSION  
KATHY (10)

### WEDNESDAY

8:00A-8:45A  
PUMP & SCULPT  
MELANIE (15)

8:30A-9:20A  
AQUA BURN  
TERI (25)

9:00A-10:00A  
RELAXING FLOW  
YOGA  
ALEJANDRA (18)

9:30A-10:15A  
AQUA POWER  
INTERVALS  
TERI (30)

10:15A-11:15A  
CHAIR YOGA  
ALEJANDRA (18)

5:30P-6:15P  
XTREME HIP HOP  
LATISHA (24)

### THURSDAY

8:00A- 8:45A  
YIN YOGA  
ALEJANDRA (18)

8:30A-9:15A  
AQUA BOXING  
TERI (25)

9:00A-9:45A  
TIME 2 HIIT IT  
JOE (20)

10:15A-11:00A  
ROCKILATES  
TERI (15)

5:30P-6:15P  
XTREME BURN  
LATISHA (24)

6:30P-7:30P  
ZUMBA  
HANS (40)

### FRIDAY

8:00A-8:45A  
BARRE ABOVE  
CHRISTA (20)

8:30A-9:20A  
AQUA BURN  
TERI (25)

9:00A-10:00A  
BREATHE, STRETCH,  
& SMILE  
ALEJANDRA (18)

9:30A-10:20A  
AQUA POWER  
INTERVALS  
TERI (30)

6:30P-7:30P  
ZUMBA  
HANS (40)

### SATURDAY

8:00A-8:45A  
CYCLE STRENGTH  
KATHY (10)

9:00A-9:45A  
ZUMBA  
ANGELA (40)

10:00A-10:45A  
TOTAL BODY BURN  
ANGELA (25)

11:00A-11:45A  
XTREME HIP HOP  
LATISHA (24)

**CLAY MADSEN RECREATION CENTER VALUES HEALTH, WELLNESS AND EXERCISE. CMRC PROVIDES A VARIETY OF GROUP EXERCISE CLASSES INCLUDED IN YOUR MEMBERSHIP. NON-MEMBERS MUST PAY THE VISITOR PASS RATE OF \$5/DAY. CLASS PARTICIPATION IS LIMITED BASED ON SPACE & EQUIPMENT. CLASSES ARE DESIGNED FOR ALL FITNESS LEVELS AND MODIFICATIONS WILL BE TAUGHT. PLEASE SEE [WWW.CLAYMADSENREC.COM](http://WWW.CLAYMADSENREC.COM) OR THE CLAY MADSEN RECREATION CENTER FRONT DESK FOR CURRENT GROUP EXERCISE SCHEDULES AND CLASS POLICIES & GUIDELINES.**

#### **LAND CLASS DESCRIPTIONS**

**BARRE ABOVE:** A FUSION OF YOGA, PILATES, STRENGTH TRAINING, AND BALLET AS WELL AS CARDIO ELEMENTS THAT WILL KEEP YOUR HEART PUMPING AND YOUR BODY BURNING CALORIES. PARTICIPANTS WILL IMPROVE STRENGTH, BALANCE, FLEXIBILITY AND POSTURE!

**BREATHE, STRETCH, & SMILE:** WIND DOWN YOUR WEEK WITH A GOOD STRETCH CLASS THAT WILL HELP LENGTHEN AND STRENGTHEN THOSE MUSCLES AND IMPROVE YOUR RECOVERY TIME.

**CORE AND BALANCE:** A LOW IMPACT CLASS THAT INCORPORATES DIFFERENT PROPS, AIMING TO STRENGTHEN YOUR CORE MUSCLES AND CHALLENGE YOUR BALANCE.

**CHAIR YOGA:** GROUND YOUR MIND AND BODY WITH THIS GENTLE INCLUSIVE FORM OF YOGA THAT IMPROVES FLEXIBILITY WHILE INCREASES STRENGTH AND BODY AWARENESS WITH THE USE OF A CHAIR, EITHER SITTING OR FOR BALANCE.

**CYCLE STRENGTH:** THIS RIDE WILL INCORPORATE VARYING 5 MINUTE INTERVALS ON THE BIKE, AND USING DUMBBELLS, DOING 5-6 MINUTE OF FULL BODY STRENGTH TRAINING OFF THE BIKE.

**CYCLE YOGA FUSION:** BEST OF BOTH WORLDS! 30 MIN. OF CYCLE INTERVALS FOLLOWED BY 30 MIN. OF YOGA STRETCHES TO PREVENT OVERUSE FROM REPETITIVE SPORTS, PERFECT FOR RUNNERS, WALKERS, AND OF COURSE CYCLIST!

**POWER ZONE:** THIS POWER WEIGHT TRAINING CLASS IS DESIGNED TO ALTER YOUR BODY AND YOUR MIND! BE PREPARED TO BE TAKEN TO THE BRINK OF YOUR MENTAL AND PHYSICAL LIMITATIONS PROPELLING YOU TO ELEVATE YOUR STRENGTH, INSIDE & OUT!

**POWER ZONE & FOAM:** A POWER WEIGHT TRAINING CLASS TO CONDITION YOUR BODY, COMBINED W/FOAM STRETCHING TO RELIEVE TENSION!

**PUMP & SCULPT:** THIS DYNAMIC FULL-BODY WORKOUT MERGES STRENGTH TRAINING, CARDIO, AND CORE EXERCISES, WITH THE USE OF A STABILITY BALL TO ADD AN EXTRA CHALLENGE AND ENHANCE YOUR BALANCE AND COORDINATION. GET READY TO LIFT, SCULPT, AND HAVE FUN WHILE BOOSTING YOUR BALANCE AND CORE STRENGTH!

**RELAXING FLOW YOGA:** A GENTLE FLOW YOGA CLASS TO RELEASE TENSION FROM THE BODY AND MIND.

**ROCKILATES:** THE CORE IS THE FOUNDATION THAT SUPPORTS YOUR BODY, IF WEAK, IT COULD AFFECT STRENGTH, BALANCE AND FLEXIBILITY. LET'S SCULPT A ROCK-SOLID CORE UTILIZING BODY WEIGHT, RESISTANCE EQUIPMENT AND END WITH STRETCHING, ELONGATING AND RELAXATION OF THE MUSCLES

**TIME 2 HIIT IT:** HIGH INTENSITY INTERVAL TRAINING IS DESIGNED TO PUMP UP YOUR METABOLISM WITH QUICK BURST OF VIGOROUS EXERCISES & SHORT PERIODS OF RECOVERY. IT IS PROVEN TO BE THE BEST WAY TO INCREASE YOUR FAT BURNING PERCENTAGE

**TORCHY TABATA:** A FORM OF HIGH-INTENSITY PHYSICAL TRAINING IN WHICH VERY SHORT PERIODS OF EXTREMELY DEMANDING ACTIVITY ARE ALTERNATED WITH SHORTER PERIODS OF REST, TYPICALLY OVER A PERIOD OF FOUR MINUTES

**TOTAL BODY BURN:** A JAMMED PACKED TOTAL BODY WORKOUT COMBINING BOTH WEIGHTS AND CARDIO TO ENGAGE UPPER AND LOWER BODY WHILE GETTING THE HEART PUMPING.

**XTREME BURN:** NON-STOP FULL BODY HARD HITTING CARDIO WORKOUT SET TO UPBEAT MUSIC. THIS CLASS IS A GREAT WAY TO PUSH YOU TO THE NEXT LEVEL.

**XTREME HIP HOP W/PHIL:** THIS IS A FUN HIGH ENERGY TONING AND CARDIO DANCE STEP CLASS.

**YIN YOGA:** SLOW-PACED YOGA WHERE YOU'LL BE HOLDING POSES FOR LONG PERIODS, AIMING TO STRETCH AND LENGTHEN DEEPER TISSUES WHILE BREATHING.

**ZUMBA:** A FUSION OF LATIN DANCE RHYTHMS FEATURING INTERVAL TRAINING USING FAST AND SLOW SESSIONS.

#### **AQUA CLASS DESCRIPTIONS**

**AQUA BURN:** THIS CLASS IS DESIGNED FOR THE EARLY MORNING AQUA BIRDS. GET READY TO FEEL THE MUSCLES BURN WHILE WORKING AGAINST THE RESISTANCE OF THE WATER. RESISTANCE EQUIPMENT WILL BE INCORPORATED INTO THE WORKOUT. CLASS WILL CONCLUDE WITH BALANCE, FLEXIBILITY, STRETCHING AND YOGA POSES.

**AQUA BOXING:** YES IT'S ABOUT KICK BOXING IN THE WATER! ALLOW THE WATER'S RESISTANCE TO WORK YOU ALL OVER AND YOUR FIGHT THE WAVES TO BETTER HEALTH!

**AQUA FIT:** DESIGNED FOR BEGINNER AND INTERMEDIATE. IT IS DONE COMPLETELY IN THE SHALLOW END OF THE POOL. THE CLASS FOCUSES ON BALANCE, CORE, AND BACK TRAINING PROVIDING YOU A TOTAL BODY WORKOUT. THIS IS LOW IMPACT THAT INTEGRATES CARDIO, INTERVALS AND EQUIPMENT DESIGNED FOR THE WATER TO REACH YOUR GOALS! EVERYONE IS WELCOME!

**AQUA POWER INTERVALS:** IN THIS CLASS WE INCORPORATE HIGH INTENSITY INTERVALS, STRENGTH TRAINING, HEART PUMPING MOVEMENTS USING THE BUOYANCY OF THE WATER AND RESISTANCE EQUIPMENT. ALL EXERCISES CAN BE MODIFIED SO ALL LEVELS CAN PARTICIPATE. CLASS WILL CONCLUDE WITH BALANCE, FLEXIBILITY STRETCHING AND YOGA POSES.

**AQUA POWER ZONE:** THIS CLASS IS DESIGNED TO ALTER YOUR MIND, BODY AND STRENGTH BOTH MENTALLY & PHYSICALLY. WE DARE YOU NOT TO SWEAT...EVEN IN THE WATER

**AQUA ZUMBA®:** PERFECT FOR THOSE LOOKING TO MAKE A SPLASH BY ADDING A LOW-IMPACT, HIGH-ENERGY AQUATIC EXERCISE TO THEIR FITNESS ROUTINE. THAT BLENDS THE ZUMBA® PHILOSOPHY WITH WATER RESISTANCE, FOR ONE POOL PARTY YOU SHOULDN'T MISS! OFFERING LESS IMPACT ON YOUR JOINTS YOU CAN REALLY LET LOOSE. WATER CREATES NATURAL RESISTANCE, WHICH MEANS EVERY STEP IS MORE CHALLENGING AND HELPS TONE YOUR MUSCLES.

**AQUA ZUMBA+:** ENJOY THIS DUAL 30 MIN INTERVAL FORMAT. FIRST IS A COMBO OF THE ZUMBA FORMULAS AND PHILOSOPHY WITH TRADITIONAL AQUA FITNESS DISCIPLINES, AQUA ZUMBA BLENDS IT ALL TOGETHER INTO A SAFE AND CHALLENGING CARDIO CONDITIONING WORKOUT. WHILE THE LAST 30MIN IS ABOUT STRENGTHENING AND TONING!!

**SEEKING MORE FITNESS OPPORTUNITIES? ROUND ROCK PARKS & RECREATION OFFERS A VARIETY OF FITNESS & WELLNESS PROGRAMS. OUR FITNESS TEAM IS EQUIPPED WITH KNOWLEDGE, PASSION & MOTIVATION TO HELP YOU REACH YOUR FITNESS GOALS. VISIT [WWW.ROUNDROCKRECREATION.COM](http://WWW.ROUNDROCKRECREATION.COM) TO SEE ALL SERVICES OFFERED!**

**\*STAY UP TO DATE ON CANCELLATIONS AND SUBS BY JOINING OUR FACEBOOK GROUP ROCKACTIVE**

