

CLAY MADSEN RECREATION CENTER

GROUP EXERCISE SCHEDULE

FALL

10/1/2024-12/21/2024

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)

TUESDAY

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

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

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

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

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)

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)

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 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.

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 TO SEE ALL SERVICES OFFERED!

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

