

# Meridian Ranch Rec Center

## Group Fitness Schedule

### Monday

5:30AM	Bootcamp -Sharra
8:00AM	AOA Pilates -Michelle
9:00AM	AOA Splash -Michelle
9:00AM	Kettlebells -Sharra
12:00PM	Spin - Shannon
5:00PM	Zumba Toning -Tracy
6:15PM	Yoga -Tracy
6:15PM	Spin- Shannon

### Thursday

6:00AM	Spin -Shannon
9:00AM	Spin -Elena
11:00AM	Yoga Flow- Penelope
5:00PM	Zumba -Tracy
6:15PM	Yoga -Tracy
6:15PM	Spin - Shannon

### Tuesday

6:00AM	Spin -Shannon
9:00AM	Cardio Strength -Elena
10:00AM	Zumba -Lori
12:00PM	Spin - Shannon
5:00PM	Zumba -Tracy
6:00PM	Total Body -Sharra
6:15PM	Yoga -Tracy

### Friday

5:30 AM	Bootcamp -Sharra
8:00AM	AOA Pilates -Michelle
9:00AM	Water Ex HIIT-Michelle
9:00AM	Zumba -Lori
10:15AM	Fly Swatter Volleyball
12:30PM	Spin - Shannon

### Wednesday

5:30AM	Cardio Strength -Elena
9:00AM	Kettlebell Flow -Sharra
9:00AM	Water Aerobics -Michelle
10:00AM	Butts and Guts -Sharra
11:00AM	Senior Strength -Michelle
12:00PM	Chair Yoga -Tracy
4:00PM	Healthy Back- Penelope

### Saturday

8:45AM	Spin - Rotation
10:00AM	Vinyasa Yoga -Kaylie

**MERIDIAN RANCH**  
**Rec Center**

10301 Angeles Rd, Peyton, CO 80831

(719) 495-7119





# MRRC Group Fitness Classes

**AOA Splash** (Michelle)- Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and kickboards and other aquatic equipment are used to improve strength, balance and coordination.

**Butts and Guts**(Sharra)-this 45 min class we will strengthen and tone the core area of the body including your abs, back, and butt.

**Bootcamp** (Sharra)- Bootcamp is an aerobic and strength conditioning workout, including a mix of circuit training, cardio exercise, body weight exercise,core training and stretching for a complete and total body workout.

**Cardio Strength** (Elena)- Cardio Strength will improve cardiovascular health, muscular strength, and endurance. Mixing between strength sets and heart-pumping intervals, members are challenged to push past their limits and walk out feeling stronger! All fitness levels are encouraged, modifications are always available!

**Chair Yoga** (Tracy) Yoga, but on a chair! Using the chair, we have more stability and balance. This is a gentle yoga class. Perfect for anyone needing a full body stretch head to toe. Perfect for beginners, active older adults, and anyone wanting to try yoga.

**Healthy Back** ( Penelope)- If you struggle with lower back pain, this is a class for you. This 30- minute class is designed for you to slowly build strength and flexibility at your own pace. Everybody is unique, this class offers a safe, effective and relaxing approach to your individual need for modifying the different strength building poses. You will be guided to recreate the connection to your breath and movement of your body, to gain an inner awareness so you safely can manage your back pain and help prevent future issues. You are never required to move out of your comfort zone. You must be able to get down to the floor and back up again without assistance from another person.

**Kettlebells** (Sharra)- A high intensity- ballistic workout that can help you meet your toughest fitness goals. It combines functional compound exercises such as The Swing, The Press and The Clean, that will work multiple muscle groups.

**Kettlebell Flow** (Sharra)- Participants will move directly from one exercise to the next without ever setting down the weight. This keeps your heart rate elevated and your muscles firing through the whole routine, giving you an intense workout.

**Senior Strength** (Michelle)- Senior Strength is a full-body workout for active older adults focused on using the machines in the gym, and free weights - when the participant is ready for them.

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**Spin** (Elena)- Spin is a low impact but fierce class with bumping beats, steep climbs, sprints and everything in between! This class is ideal for the beginner and the advanced member with every effort controlled individually!

**Spin** (Shannon)- Dive into a 45-minute indoor spin class – a joy ride on a stationary bike. With heart-pounding music, dynamic routines, and an infectious vibe, it's not just a workout; it's a party on pedals! Spin, sweat, and conquer your fitness goals in this exhilarating burst of fun and fitness.

**Total Body** (Sharra)- this class is an aerobic and strength conditioning workout, this class includes circuit training, cardio exercise, body weight exercise, and finishes with a core training and stretching for a complete workout.

**TRX Flexibility** (Penelope)- TRX Flexibility focuses on developing flexibility, through the support of the TRX strap. With inspiration from Yoga, we will use the TRX to find range of motion for your body. This class is ideal for all fitness levels.

**Water Aerobics** (Michelle)- This class will help you reach your fitness goals by performing fun and energizing low-impact water exercises designed to improve strength, flexibility, range of motion, and endurance. All levels are welcome.

**Zumba** (Lori)- A fun Latin based dance class that incorporates dance styles from around the world! Salsa, Merengue, Cumbia, Reggaeton, Bollywood and hip hop to name a few! We have so much fun in this class and it is suitable for all fitness levels! Join us!

**Zumba Toning** (Tracy)- Zumba Toning is a fun, fast paced exercise class using light weights. Easy to follow and effective. Zumba Toning also includes lunges, squats and balance.

**Water HIIT** (Michelle)-High intensity interval training (HIIT) alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardiorespiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

**Vinyasa Yoga** (Kaylie)-Vinyasa translates to mean "to place in an intentional way." This one hour Vinyasa Yoga class is sequenced in such a way that students are guided through a very intentional practice preparing the body for a peak pose or movement focus. During this class we will be matching breath with movement while exploring a variety of poses to include standing, balance, seated and supine.

**Yoga** (Tracy) A calmer yoga class perfect for winding down in the evening. You will find some challenging poses throughout the class. All levels welcome!

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