# March 13 – May 7

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>5:30 AM INDOOR CYCLING</td>
<td>5:30 AM BOOT CAMP</td>
<td>5:30 AM INDOOR CYCLING</td>
<td>5:30 AM BOOT CAMP</td>
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<tr>
<td>9:30 AM WATER AEROBICS</td>
<td>9:30 AM STRENGTH &amp; BALANCE</td>
<td>9:30 AM WATER AEROBICS</td>
<td>9:30 AM STRENGTH &amp; BALANCE</td>
<td>10:00 AM HATHA YOGA</td>
<td>9:00 AM BARRE BLEND</td>
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<td>11:00 AM GENTLE FLOW YOGA</td>
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<td>12:00 PM INTERMEDIATE YOGA</td>
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<td>4:00 PM TRX BOOT CAMP</td>
<td>4:30 PM STRENGTH &amp; TONE</td>
<td>4:30 PM PiYo</td>
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<tr>
<td>5:30 PM YIN YOGA</td>
<td>5:30 PM SWEAT SESSION</td>
<td>5:30 PM VINYASA FLOW YOGA</td>
<td>5:30 PM SWEAT SESSION</td>
<td>5:30 PM POWER PUMP</td>
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<td>5:30 PM PILATES, CORE &amp; MORE</td>
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<td>5:30 PM WATER AEROBICS</td>
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<td></td>
<td>6:30 PM HATHA YOGA</td>
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Note: Registration fees apply. Please pre-register for classes at least 2 days before class start date at the LLRC. A minimum of five registrants is required for classes to run. Must be a minimum of 13 years old to participate.

*LLRC–East  **Holiday Inn Pool  All other classes are held at the LLRC

For class descriptions & more information visit www.nwicc.edu/recreation-center
**8 WEEK GROUP FITNESS SESSION • March 13 – May 7**

### GROUP FITNESS PRICING OPTIONS

<table>
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<tr>
<th>8-WEEK SESSION FEE</th>
<th>PUNCH CARD</th>
<th>UNLIMITED*</th>
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<tr>
<td><strong>Member</strong></td>
<td><strong>Non-Member</strong></td>
<td><strong>Member</strong></td>
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<tr>
<td>1 class/week</td>
<td>$34</td>
<td>$59</td>
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<tr>
<td>2 classes/week</td>
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<td>$99</td>
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*Not available for monthly memberships—annual members only. This fee must be paid in full with a valid annual membership. To take advantage members still must pre-register for classes at the front desk each session, and classes still must have a minimum of four pre-registrations to run during an 8-week session.

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**Indoor Cycling — LLRC**
**M 5:30AM • W 5:30AM**
Try one of the top-rated group fitness classes—Indoor Cycling! Ride your way through a great cardio workout on indoor cycling bikes with an experienced instructor. Only 10 bikes available, so sign up NOW!

**Water Aerobics — Holiday Inn Pool**
**T 5:30PM • TH 5:30 PM • M 9:30 AM • W 9:30 AM**
Water Aerobics is a great cardio workout. This class is an excellent source for overall health, fun, and a low-risk fitness opportunity. Swimsuit and towel required.

**Strength & Balance — LLRC**
**T 9:30 AM • TH 9:30 AM**
Regular strength training builds bone strength and reduces the risk of falls by improving muscular strength, posture, balance and flexibility. Join us for a great muscular fitness class led by an experienced personal trainer/instructor. The exercises in this class are proven safe and effective for all levels including the aging population.

**Gentle Flow Yoga — LLRC**
**TH 11 AM**
A great class for beginners as well as experienced yogis. This class includes basic breathing exercises, as well as a variety of foundational postures (on the floor, standing, and seated). Take this time to release weekday stress and ease into the weekend. All levels welcome – no experience necessary! Equipment such as yoga mats are available at the LLRC—no need to bring your own!

**Power Pump — LLRC**
**TH 5:30PM**
This class will challenge all of your major muscle groups and give you great results! A simple, easy-to-follow, yet demanding class that incorporates weight lifting, steps, BOSU, and much more.

**Intermediate Yoga — LLRC**
**T and/or TH 12:00noon**
Our yoga classes link yoga poses together to create strength, flexibility, endurance, and balance. Our Intermediate Yoga class will give you the opportunity to move from simple to more complex postures or asanas. We will focus on alignment and a strong understanding of yoga poses. Prior knowledge of basic poses is beneficial but certainly not necessary. Equipment such as yoga mats are available at the LLRC—no need to bring your own!

**Vinyasa Flow Yoga — LLRC**
**T 9:30PM**
The Vinyasa Flow Yoga class will build strength, flexibility, endurance, and balance. Vinyasa class sequencing is built around sun salutations and encourages the link between mindful body movement and breath. This yoga practice connects postures or asanas through breath and is a dynamic class. Prior knowledge of basic poses is beneficial but certainly not necessary. Equipment such as yoga mats are available at the LLRC—no need to bring your own!

**Mandala Flow Yoga — LLRC**
**W 7 PM**
The Mandala Flow Yoga class will build strength, flexibility, endurance, and balance. Mandala Flow class sequencing is built around a circle, and you will flow through the postures together. This yoga practice will be a smooth, flowing class. Modifications and advanced options are offered to meet students’ varying needs and abilities. Equipment such as yoga mats are available at the LLRC—no need to bring your own!

**Yin Yoga — LLRC**
**SU 5:30 PM**
In our Yin Yoga practice we will target the connective tissues, such as ligaments and fascia, along with the energetic systems of the body, bringing the body into balance and increasing its natural range of motion. Most poses are done while seated or lying down and are held for longer durations. This practice will leave you feeling refreshed, renewed and restored. Equipment such as yoga mats are available at the LLRC—no need to bring your own!

**TRX Boot Camp — LLRC**
**SUN 4:00PM**
Our Boot Camp format with an emphasis on using TRX equipment. These workouts will challenge your core, build strength and flexibility throughout your body and can complement any training program. Space is limited, so sign up NOW!

**Sweat Session — LLRC**
**M 5:30 PM • W 5:30 PM**
Our Sweat Session class is the best new way to keep your body guessing! We will incorporate constantly varied functional movements performed at high intensity intervals. This class will give you a more balanced overall fitness level, increasing your capability and capacity over a broader range of movements and activities. What we plan to do in these workouts will be scalable to accommodate different levels of experiences, injury or other limiting factors.

**Barre Blend — LLRC**
**SAT 9:00 AM**
Barre Blend fuses exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended class combines the methodology of strength and control to improve body awareness, flexibility and stabilization.

**Strength & Tone — LLRC**
**M and/or W 4:30PM**
Strength & Tone is a total body weight training workout geared toward all fitness levels. Get your strength training in using weights, bands, bars, and TRX.

**TRX Boot Camp**
**TU 6:30 PM • TH 6:30 PM**
TRX combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Participants use body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

**Pilates, Core, and More — LLRC East**
**W 5:30 PM**
Pilates is a training program designed to strengthen the abdominal, hip, and spinal muscles – the core of the body. Pilates will give you an effective core workout that tightens your abs, butt, and arms AND leaves you feeling stretched and relaxed.

**Hatha Yoga — LLRC**
**TU 6:30 PM • F 10:00 AM**
Flow-based Hatha Yoga uses movement and breath together to produce a “flow” of postures that lead from one to the next. Great for beginners, but all levels welcome – no experience necessary! Equipment such as yoga mats are available at the LLRC—no need to bring your own!