

December 2016 Fitness Classes held at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7 am Boot Camp John Clifford	6:15 - 7:15 am Pilates Lisa Parrish	6 - 7 am Boot Camp John Clifford	6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	6 - 7 am Boot Camp John Clifford	9 - 10 am Weekend Ride Cycling Lisa O'Leary / Mandy Music / Pat Chance
6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	8:45 - 10 am Yoga for the Older Adult Kate Sanford	7:45 - 8:45 am Aerobics Mary Slidell	9 - 10 am Cardio Chisel Kelly Scalia	8:15 - 9:15 am Core and More (Pilates) Lisa Parrish	9 - 10:15 am Yin Yang Yoga Linda Barrett
7:45 - 8:45 am Aerobics Mary Slidell	10:10 - 11:10 am Cardio Chisel Kelly Scalia	9 - 10 am Turn Back the Clock Kate Sanford	10 - 11:15 am Gentle Yoga Aimee Seal	8:30 - 9:30 am Barre Leigh Macey	10:30 - 11:30 am Cardio Dance Mix Leandra Quiroz
9 - 10 am Turn Back the Clock Leigh Macey	5 - 6 pm SWEAT Laura Drossner	10:15 - 11:15 am Barbell Strength Leigh Macey	5 - 6 pm SWEAT Laura Drossner	9 - 10 am Gentle Cycling Laurie Barlow	10:30 - 11:45 am Total Body/Work Your Core Linda Barrett
10:15 - 11:15 am Barbell Strength Kelly Scalia	5:30 - 7 pm Total Body/Work Your Core Linda Barrett	10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	6:30 - 7:30 pm Cycling Lisa O'Leary	9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal	Sunday 10 - 11:15 am Vin/Yin Yoga Barbara Devitt
12:30 - 1:30 pm Lunch Time Yoga Aimee Seal	6:30 - 7:30 pm Cycling Mandy Music	5 - 6 pm Line Dancing Deborah Meeks	6:45 - 7:45 pm Zumba® LiAundra Calhoun	5 - 6 pm Zumba® Toning Linda Roberts	
5:30 - 6:30 pm Cycling Laura Drossner	7 - 8 pm Yin Yang Yoga Linda Barrett	5:30 - 6:30 pm Cycling Lisa O'Leary			
6 - 7 pm Hatha Yoga Bonnie Urban		5:30 - 6:30 pm Yogilates Aimee Seal			
6:30 - 7:30 pm Zumba® Leslie Davis		6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson	Yellow boxes indicate classes for Age 55+ Classes are for age 16+ unless otherwise noted.	Classes are subject to change. Please check the ARPD web site for the most recent schedule www.annapolis.gov/recreation Kidz Zone Babysitting: Mon & Wed 7am-8pm Tue/Thu/Fri 7am-2pm, Sat 10am-4 pm, Sun closed. \$3 per child per hour and each additional child is \$2; 10-Hour Punch Card is \$25;	



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CARDIO & STRENGTH

Aerobics Jacki Sorensen's fitness class combines stretching, flexibility, core work, weight training and aerobic exercise to upbeat and motivating music! Participate at your own level. Instructor: Mary Slidell

Boot Camp This boot camp is a no-nonsense style boot camp! You will train by running stairs, doing curbside calf raises and step ups, park bench reverse push ups, wall dips and other obstacle running. Equipment will consist of weighted bars, jump ropes, elastic stretch bands and weighted medicine balls. This boot camp will work with all levels and abilities so participants can self-modify the specific exercises. A fun group and all are welcome to try it! Instructor: John Clifford

Barbell Strength & Conditioning This class uses simple, athletic movements such as squats, curls, lunges and presses. Shape, tone and strengthen your entire body! For all ages and fitness levels. Instructor: Kelly Scalia / Leigh Macey

Cardio Chisel High intensity cardio exercises repeated in a Tabata style pattern of 20 seconds on and 10 seconds rest mixed with strength and conditioning for a full body workout. For all levels, boot camp style class to improve endurance and tone muscle. Instructor: Kelly Scalia

Cardio Dance Mix Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the popular Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Parkinson

Line Dancing Exercise your body and mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Join other dancers and learn some fun routines and enjoy the fun exercise. You never need a partner but bring your friends to exercise without even feeling like it! Instructor: Deborah Meeks

SWEAT A cardio and strength training "boot camp" style class for summer! Bring a water bottle, towel and a positive attitude! Meet on the indoor track (by the bench). Instructor: Laura Drossner

Total Body Conditioning / Work Your Core Combination class to strengthen and work your entire body! Develop strength, endurance and muscle tone in all the major muscle groups of the upper and lower body, including abs. Instructor: Linda Barrett

Turn Back the Clock Age 55+ Exercise and strength training will help you look and feel younger and stay active longer. Exercises will help improve your strength, flexibility, posture, coordination and reduce the risk of falls. Strength training also helps alleviate symptoms of chronic conditions such as arthritis. Instructors: Leigh Macey / Kate Sanford

Zumba® This popular type of workout combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® is based on the principle that a workout should be fun and easy in order for participants to stick to a fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but it is also great for the mind – it's a "feel happy" workout! Instructors: LiAundra Calhoun / Leslie Davis

Zumba® Toning Enhancing the sense of rhythm and coordination, participants will use weighted, maraca-like Zumba Toning Sticks to build strength and tone all the right target zones, including arms, core and lower body. Instructor: Linda Roberts

CYCLE

Cycling Cycle through hill climbs, sprints, chases, and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other. Please bring a small towel to class. Instructors: Laura Drossner (Mon) / Mandy Music (Tue) / Lisa O'Leary (Wed/Thu)

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun. Bring a small towel to class. Instructor: Lisa Parrish

Gentle Cycle Age 55+ This Class is geared for beginners of all ages. Learn proper bike form and technique along with a warm-up and a gentle ride. The second part of the class will be using resistance bands with a variety of exercises for a full body workout. Instructor: Laurie Barlow

Weekend Ride Burn more than 500 calories! Learn proper biking form and technique. Includes warm-up, cool-down and stretching. Bring a small towel to class. Instructors: Lisa O'Leary / Mandy Music / Pat Chance

YOGA, PILATES & OLDER ADULT

Barre A combo of postures inspired by ballet, yoga and Pilates. The barre is used as a prop to balance exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Instructor: Leigh Macey

Core and More This class works your core with Pilates moves in addition to full-body strengthening exercises focusing on different areas each week through interval training, weights and other conditioning moves. Participants can expect abs as a feature focus! Instructor: Lisa Parrish

Deep Stretch Yoga This class combines breath work and deep full body stretching; suitable for all ages and levels. Instructor: Aimee Seal

Gentle Yoga Age 55+ Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques. Movements help build bone density for osteoporosis prevention. Instructor: Aimee Seal

Evening Yin Yang Yoga Combines a variety of vinyasa flow (yang) sequences with yin yoga, a style of long-held passive poses that open the body to more flexibility and energy flow. Class is designed to help you unwind, relax and prepare your body for a restful, rejuvenating night of sleep. Instructor: Linda Barrett

Hatha Yoga Uses traditional yoga poses to awaken joints, muscles and mind which translates to improved flexibility, stability and balance in everyday functional activities. Instructor: Bonnie Urban

Lunch Time Yoga Take a brake from your mundane Monday! This yoga class is geared to enhance your mind, body and soul in the middle of the day. All levels welcome! Instructor: Aimee Seal

Pilates Engage the mind and condition the body while you strengthen the core, lower back muscles, abs, and glutes. Instructor: Lisa Parrish

Vin/Yin Yoga A Yin/Yang style class. Classic poses will stretch and strengthen, deeper-held Yin poses improve flexibility and energy flow – all with breathing and meditation. A moderate paced class for students with some experience. Instructor: Barbara Devitt

Vinyasa Yoga Level 1 and 2 Hold yoga poses with series of strength building and flexibility. Mind, body and spirit will be encouraged and challenged. This is a mixed level class. Instructor: Aimee Seal

Yin Yang Yoga A moderate-paced class: mixed levels with modifications offered. A dynamic vinyasa flow sequence to stretch, strengthen and invigorate; a more meditative (yin) portion to stimulate energy flow in the deeper tissues and improve flexibility and joint health. Includes breath work and meditation techniques. A fully balanced yoga practice. Instructor: Linda Barrett

Yoga for the Older Adult Age 55+ Continued yoga practice can help alleviate or reduce many health challenges we face as we age. Poses will be modified to accommodate each participant's fitness level, health conditions and other concerns. Instructor: Kate Sanford

Yogilates/Pilates Class for new and experienced students. Increase strength and flexibility through poses and movement. Develop mental balance and focus through breathing and meditation. Please bring your own yoga mat. Instructor: Aimee Seal