

Winter 2019 Fitness Classes held at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:15 am Express Cycling & Abs John Clifford	8 - 9 am Barre Nicole Meidinger	6:15 - 7:15 am Boot Camp John Clifford	6:15 - 7:15 am Express Cycling & Abs John Clifford	6:15 - 7:15 am Boot Camp John Clifford	9 - 10 am Weekend Ride Staff
7:45 - 8:45 am Aerobics Mary Slidell	8:45 - 10 am Yoga for the Older Adult Kate Sanford	7:45 - 8:45 am Aerobics Mary Slidell	8 - 8:45 am Beginner Pilates ★ Beth Ross	8 - 9 am Barre Nicole Meidinger	9 - 10:15 am Yin Yang Yoga Linda Barrett
9 - 9:45 am Warrior Sculpt Erica Jensen	9 - 10 am Moderate Cycle and Stretch & Tone John Clifford	9 - 9:45 am Warrior Sculpt Erica Jensen	9 - 9:45 am Zumba® ★ Betty Lougee	8:15 - 9:15 am Pilates Aimee Seal	10:30 - 11:30 am Cardio Dance Mix Leandra Parkinson
9 - 10 am Turn Back the Clock Nicole Meidinger	9:30 - 10 am BODYSHRED™ Liz DeGraffenreid	9 - 10 am Turn Back the Clock Kate Sanford	9 - 10 am Cycle Interval Training ★ Stacey Oliff	9 - 10 am Gentle Cycle John Clifford	10:30 - 11:30 am Walking with Purpose Suzanne Stringer
10 - 11 am Barbell Strength Kelly Scalia Mannix	5:30 - 7 pm Total Body/Work Your Core Linda Barrett	10 - 11 am Barbell Strength Kelly Scalia Mannix	9 - 10 am Full Body Workout for 40+ Darcy Scaringe	9:30 - 10 am BODYSHRED™ Liz DeGraffenreid	10:30 - 11:45 am Total Body/Work Your Core Linda Barrett
12:30 - 1:30 pm Lunch Time Yoga Aimee Seal	6 - 7 pm Cycling Lisa O'Leary	10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	10 - 11:15 am Gentle Yoga Aimee Seal	9:30 - 10:30 am Vinyasa Yoga 1 & 2 Aimee Seal	Sunday
5:30 - 6:30 pm Hatha Yoga Bonnie Urban	7 - 7:30 pm BODYSHRED™ Liz DeGraffenreid	5:30 - 6:30 pm Yogilates Aimee Seal	5:30 - 6:15 pm Intro to Cycling ★ Lisa O'Leary / Jen Jennings	10:15 - 11:15 am Turn Back the Clock Stacey Oliff	10 - 11:15 am Vin/Yin Yoga Barbara Devitt
6 - 7 pm Cycling Erin Thompson	7 - 8 pm Slow Flow, Deep Stretch (SFDS) Yoga ★ Linda Barrett	6 - 7 pm Cycling Erin Thompson	5:30 - 6:30 pm HIIT Penny Wardell	12 - 1 pm Gentle Yoga Barbara Devitt	★ orange star indicates a newly added class
6:30 - 7:30 pm Zumba® Leslie Davis		6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson	7 - 7:45 pm Country Heat™ Linda Roberts	5 - 6 pm Zumba® Toning Linda Roberts	For the most up-to-date schedule, go to www.annapolis.gov/recreation to download the PDF from the Recreation and Parks homepage.
					yellow boxes indicate classes for Age 55+
					Fitness classes are for Age 16+ unless otherwise noted.

BARRE

Barre A ballet inspired workout focusing on balance and strength. Go to the next level for an added challenge or modify to accommodate injuries. This class is great for all activity levels! Instructor: Nicole Meidinger

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 You'll run stairs, do curbside calf raises, step ups, park bench reverse pushups, wall dips and other obstacle running. Equipment consists of weighted bars, jump ropes, elastic stretch bands and weighted medicine balls. For all levels and abilities so participants can self-modify the specific exercises. 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. Instructors: Kelly Scalia Mannix (Mon) / Nicole Meidinger (Thu)

BODYSHRED™ is a high intensity and endurance based 30-minute workout utilizing Jillian Michael's 3-2-1 interval approach of 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You will shed fat, define muscle, transform the look of your entire physique and dramatically enhance your overall health and athletic performance. It's kinetic, energetic and provides the ultimate challenge, regardless of level! Instructor: Liz DeGraffenreid

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

Country Heat™ High-energy, easy-to-follow, country dance-inspired workout! It's simple, fun and you'll barely notice you're burning fat and tightening your body from head to toe. Instructor: Linda Roberts

Full Body Workout for 40+ From flexibility to strength to cardio and a bit of interval training, this class has it all! Sounds like too much? Don't be intimidated! Adaptations are provided for all levels and all ages. Be ready to obtain more strength and fitness, flexibility and cardio – all by learning to use your core! Instructor: Darcy Scaringe

★ **HIIT** is an interval-based total body workout combining cardio bursts and strength training. Exercises are performed at high intensity followed by recovery period and then repeated. HIIT includes Tabata Training (high intensity interval training offering more benefits than traditional cardiovascular exercise) and is proven to improve endurance and build strength. Instructor: Penny Wardell

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 Exercises to help you look and feel younger and stay active longer. Focused on improving your strength, flexibility, posture, coordination and reduce the risk of falls. This class can also help you alleviate symptoms of chronic conditions such as arthritis. Instructors: Nicole Meidinger (Mon) / Kate Sanford (Wed) / Stacey Oliff (Fri)

Walking with Purpose Combines walking drills and strength training in a coached setting on the PMRC indoor track. This class is appropriate for those new or returning to exercise looking for a low impact alternative for their cardio. Start moving more in a meaningful way! Instructor: Suzanne Stringer

Warrior Sculpt Find your warrior! A mindful yet fierce fusion of yoga, Pilates and weights. This sweat inducing nonstop flow is set in a heated room with upbeat soulful music. Warrior Sculpt is a demanding, energetic and surprisingly Zen experience! Instructor: Erica Jensen

Zumba® Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® workouts are fun and easy so participants to stick to a fitness program to achieve long-term health benefits. Instructors: Leslie Davis (Mon) / Betty Lougee (Thu)

★ indicates a newly added class

Fitness classes are included in the PMRC membership and are held weekly, year-round and don't follow ARPD program seasonal schedules.

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 / Weekend Ride 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. Instructors: Lisa O'Leary (Tue) / Erin Thompson (Wed) / Staff (Sat)

★ **Cycle Interval Training** This low impact one hour class will challenge you with short bursts of high intensity, interval training. You will bike hills as well as flat roads and have short sprints in between. This class offers something for everyone from the advanced rider to the beginner! Great calorie burner! Please bring a small towel. Instructor: Stacey Oliff

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: John Clifford

★ **Intro to Cycling / Gentle Cycle** Learn proper bike form and technique along with a warm-up and a gentle ride. This class also uses resistance bands with a variety of exercises for a full body workout. Geared for beginners of all ages. Instructors: Lisa O'Leary (alt Thu) / Jen Jennings (alt Thu) / John Clifford (Fri)

Moderate Cycle and Stretch & Tone Build strength and burn calories while cycling for 45 minutes to fun and motivating music! Then, hop off the bike and finish with a 15-minute stretch and tone segment to increase your flexibility and rejuvenate your body. Beginners can be successful in this all-level class. Instructor: John Clifford

YOGA & PILATES

★ **Beginner Pilates / Pilates** Engage the mind and condition the body while you strengthen the core, lower back muscles, abs and glutes. Instructors: Beth Ross (Thu) / Aimee Seal (Fri)

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

Gentle Yoga Develop and maintain better balance with easy-to-learn positions, movements, breathing techniques; build bone density for osteoporosis prevention. Instructors: Aimee Seal (Thu) / Barbara Devitt (Fri)

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 break 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

★ **Slow Flow, Deep Stretch (SFDS) Yoga** Are you losing range of motion as you get older? Or, you're young but have been focusing on weight training and need to work on lengthening tight muscles? Slowing down the flow will help maintain control of breath while intensifying practice and becoming more limber. SFDS is a smooth synchronization of breath with movement, intensified by mindfully holding postures for longer than a typical, invigorating flow class. Join this soul-soothing, rhythmic movement class to prepare mind and body for a restful, rejuvenating night of sleep. All levels welcome! Instructor: Linda Barrett

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

Yoga for the Older Adult 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 Increase strength and flexibility through poses and movement. Developmental balance and focus through breathing and meditation. For new and experienced students. Please bring your own yoga mat. Instructor: Aimee Seal

updated 1/11/2019