

Spring 2018 Fitness Classes held at PMRC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:15 am Boot Camp John Clifford	6:15 - 7:15 am Pilates Lisa Parrish	6:15 - 7:15 am Boot Camp John Clifford	6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	6:15 - 7:15 am Boot Camp John Clifford	9 - 10 am Weekend Ride Lisa O'Leary / John Clifford / Erin Thompson
6:15 - 7:15 am Express Cycling & Abs Lisa Parrish	8 - 9 am Barre AJ Rausch	7:45 - 8:45 am Aerobics Mary Slidell	9 - 10 am Full Body Workout for 40+ Darcy Scaringe	7:15 - 8:15 am Breakfast Blend AJ Rausch	9 - 10:15 am Yin Yang Yoga Linda Barrett
7:45 - 8:45 am Aerobics Mary Slidell	8:45 - 10 am Yoga for the Older Adult Kate Sanford	9 - 10 am Turn Back the Clock Kate Sanford	10 - 11:15 am Gentle Yoga Aimee Seal	8:15 - 9:15 am Core and More (Pilates) Lisa Parrish	10:30 - 11:30 am Cardio Dance Mix Leandra Parkinson
9 - 10 am Turn Back the Clock AJ Rausch	9 - 10 am Moderate Cycle and Stretch/Tone Lisa Parrish	10 - 11 am Barbell Strength Kelly Scalia Mannix	6 - 7 pm Cycling Lisa O'Leary	8:30 - 9:30 am Barre AJ Rausch	10:30 - 11:30 am Walking with Purpose Suzanne Stringer
10 - 11 am Barbell Strength Kelly Scalia Mannix	10:10 - 11:10 am Box Hop AJ Rausch	10:15 - 11:15 am Deep Stretch Yoga Aimee Seal	7 - 7:45 pm Country Heat™ Linda Roberts	9 - 10 am Gentle Cycling Jennifer Jennings	10:30 - 11:45 am Total Body/Work Your Core Linda Barrett
11 am - 12 pm Barre Fight AJ Rausch	5:30 - 7 pm Total Body/Work Your Core Linda Barrett	5:30 - 6:30 pm Yogilates Aimee Seal		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 - 7 pm Cycling Lisa O'Leary	6 - 7 pm Cycling John Clifford		12:30 - 1:30 pm Gentle Yoga Barbara Devitt	
5:30 - 6:30 pm Hatha Yoga Bonnie Urban	7 - 8 pm Yin Yang Yoga Linda Barrett	6:30 - 7:30 pm Cardio Dance Mix Leandra Parkinson		5 - 6 pm Happy Hour Cycling Erin Thompson	
6 - 7 pm Cycling John Clifford	7 - 8 pm Zumba® Toning Linda Roberts			5 - 6 pm Zumba® Toning Linda Roberts	
6:30 - 7:30 pm Zumba® Leslie Davis		Kidz Zone Babysitting Hours: Mon & Wed --> 9 am - 8 pm Tue/Thu/Fri --> 9 am - 2 pm Sat --> 10 am - 4 pm	yellow boxes indicate classes for Age 55+	Fitness classes are for Age 16+ unless otherwise noted.	For the most up-to-date schedule, go to www.annapolis.gov/recreation to download the PDF from the Recreation and Parks homepage.

BARRE *Instructor: AJ Rausch*

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!

Barre Fight A mix of barre and martial arts techniques to focus on cardio and improve balance with higher impact.

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 push ups, 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. Instructor: Kelly Scalia Mannix

Box Hop Integrated martial arts and dance – a cardio workout designed to improve balance, strength and control! Instructor: AJ Rausch

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

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: Kate Sanford / AJ Rausch

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

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

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 / Happy Hour 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: John Clifford (Mon/Wed/Sat) / Lisa O'Leary (Tue/Thu/Sat) / Erin Thompson (Fri/Sat)

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 Learn proper bike form and technique along with a warm-up and a gentle ride. The second part of the class use resistance bands with a variety of exercises for a full body workout. Geared for beginners of all ages Instructor: Jennifer Jennings

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: Lisa Parrish

YOGA & PILATES

Breakfast Blend A blend of Tai Chi and physical therapy techniques great for waking or warming up. Focusing on lower back and neck health, this is a low activity class. Instructor: AJ Rausch

Core and More (Pilates) 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 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 / Barbara Devitt

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; then, 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 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 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



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