

# Winter 2019 Fitness Classes held at PMRC

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

## 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

**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

**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 will 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 Fusion** HIIT (high-intensity interval training) is a class where you will give an all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. We incorporate lightweights and various equipment to make the most of your workout. Combined with some boot camp-style exercises and Tabata, you will leave feeling accomplished and strong! 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) / Penny Wardell (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 can stick to a fitness program to achieve long-term health benefits. Instructors: Leslie Davis (Mon) / Betty Lougee (Thu)

**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: Lee Crumbaugh

★ **Intro to Cycling** 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. If you need to be set up on the bike, please arrive 15 minutes early. Instructors: Lisa O'Leary (alt Thu) / Jen Jennings (alt Thu)

**Moderate Cycle** Build strength and burn calories while cycling for 45 minutes to fun and motivating music! 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, and 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 that 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 are 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 can 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