

Fallon County Recreation Department
Fitness Classes
Starting September 7, 2010
Baker Recreation Center

Morning Classes 8:30 – 9:30 am

Monday – Cross Training
Tuesday – Pilates/Yoga Mix
Wednesday – Cross Training
Thursday – Mix it Up

Evening Classes 5:20 – 6:20 pm

Monday – Mix it Up
Tuesday – Totally Toned
Wednesday – Interval Training
Thursday – Aqua Fit

All classes are subject to change at instructor's discretion.

Cost:

Not a Rec Center Member
\$15.00/month unlimited classes
\$40.00 for Sept-Dec classes
\$10.00/month for students

Recreation Center Member (\$5 Discount)
\$10.00/month unlimited classes
\$35.00 for Sept-Nov classes
\$5.00/month for students

Class Descriptions

Cross Training (with Bruce Inion): Adding elements of Cardio, Plyometrics, Core Training, Kenpo, Strength Training, and Flexibility....Based on the principles of muscle confusion and cross training get into the best shape of your life.

Pilates/Yoga Mix (with Alisha A Frank): A combination of Pilates, Yoga, strength training, and dynamic flexibility. Easy to follow and a non-intimidating class. Great for all fitness levels!

Mix it Up (with Christina Shepherd): A new class every week with a mix of cardio, toning, and flexibility. Fun, energized workouts that are easy to follow!

Totally Toned (with Barb Ketterling): Tone your entire body with this intense circuit workout.

Interval Training (with Alisha A Frank): A high energy interval class: 3-5 minutes of cardio, alternated with 3-5 minutes of pilates and body strength exercises...no weights required!

Aqua Fit (with Barb Ketterling): Get in the pool for a water aerobic workout for overall strength, without the impact of land-based classes.