

**Fallon County Recreation Department**  
**Fitness Classes**  
**January 3, 2012 – May 4, 2012**

**Morning Classes**

**Mondays** from 8:30 – 9:30 – **Mix It Up** at Baker Recreation Center  
**Tuesdays** from 8:30 – 9:30 - **Pilates/Yoga Mix** at Fairgrounds Exhibit Hall  
**Wednesdays** from 8:30 – 9:30 – **Zumba** at Fairgrounds Exhibit Hall  
**Fridays** from 8:30 – 9:30 – **Mix It Up** at Baker Recreation Center

**Evening Classes**

**Mondays** from 5:20 – 6:20 – **Zumba** at Fairgrounds Exhibit Hall  
**Tuesdays** from 5:20 – 6:20 – **Totally Toned** at Baker Recreation Center  
**Wednesdays** from 5:20 – 6:20 – **Mix It Up** at Baker Recreation Center  
**Thursdays** from 5:20 – 6:20 – **Zumba with Toning** at Fairgrounds Exhibit Hall

*All classes are subject to change at instructor's discretion.  
Classes at Exhibit Hall may be rescheduled due to other scheduled events.*

**Cost:**

\$40.00 for Semester unlimited classes  
\$35.00 for 15 classes (expires 1 year from purchase)

**Class Descriptions**

**Mix It Up (with Christina Shepherd):** A variety of classes consisting of step, body bar, tubing, medicine balls, stability balls, kickboxing, tradition aerobics, yoga, pilates, high/lo and more will keep your workouts fun and interesting. Energized workouts that are easy to follow and are sure to get you into great shape!

**Pilates/Yoga Mix (with Alisha A Frank):** A class designed to help you build strength and gain flexibility. Envision sculpted abdominals, increased core strength and better stability. The focus is on strength, power, and intensity. Some mats will be available, we recommend bringing your own.

**Zumba (with Alisha A Frank):** Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating , effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students! Feel the music and let loose!

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