Updated 7/9/24

GROUP EXERCISE CLASS LIST - July 2024

Ages 16+ | Monthly Schedule Subject to Change | *PRIMARY LOCATION / ALTERNATE LOCATION | **CLOSED: July 4th**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am - 10:00am Gentle Yoga Flow with Erin DANCE STUDIO	8:00am - 8:55am Zumba with Airam DANCE STUDIO	8:00am – 8:55am Aqua Intensity with Christopher POOL - *Deep End* **No class: 7/9, 7/16**	8:00am - 8:55am Zumba with Airam DANCE STUDIO	8:00am – 8:55am Aqua Intensity with Christopher POOL - *Deep End* **No class: 7/11**	9:30am – 10:25am Strength & Conditioning with Mark FRONT PATIO / DANCE STUDIO* **No class: 7/5**	9:00am - 10:00am Zumba with Airam DANCE STUDIO
10:30am - 11:30am Pilates/Stretch with Kathy $ VIRTUAL via ZOOM **Course #13965**	9:00am - 9:55am Step with Loretta DANCE STUDIO **Sub: Airam 7/8, 7/15 ZUMBA!**	8:30am - 9:25am Spin with Sheri BACK PATIO / COVE*	9:00am - 9:55am STEP with Loretta DANCE STUDIO **Sub: Marcela 7/10 ZUMBA!**	8:30am - 9:25am Spin with Sheri BACK PATIO / COVE*	10:00am - 10:55am Chair Yoga with Kathy DANCE STUDIO	10:00am - 11:00am Gentle Yoga with Jane OLD MILL PARK Amphitheater 7/6 **ONLY** – FREE! *Cancelled if raining
	9:00am – 9:55am Water Aerobics with Christopher POOL - *Deep End* **No class: 7/8, 7/15**	8:30am - 9:25am Pilates with Kathy DANCE STUDIO	9:30am - 10:25am Aqua Zumba with Marcela POOL - *Shallow End* **No class: All of July**	9:00am - 9:55am Water RX with Christopher POOL - *Deep End* **No class: 7/11**	10:35am - 11:30am Spin with Sheri BACK PATIO / COVE*	11:00am - 11:55am Vinyasa Yoga with Erin DANCE STUDIO
	9:15am - 10:00am Strong with Tilda FRONT PATIO / COVE* **No class: 7/8, 7/15, 7/22**	9:00am - 9:55am Water RX with Christopher POOL - *Deep End* **No class: 7/9, 7/16**	10:00am - 10:55am Strength & Conditioning with Mark FRONT PATIO / COVE*	9:40am - 10:40am Zumba with Beth POOL PATIO **Sub: Marcela 7/11, 7/18, 7/25**	12:30pm - 1:30pm Zumba with Marcela DANCE STUDIO **No class: 7/12**	2:00pm – 2:55pm Restorative Yoga with Jane DANCE STUDIO **7/13 ONLY**
	10:30am - 11:25am Strength & Conditioning with Mark FRONT PATIO / COVE* **No class: 7/8**	9:40am - 10:40am Zumba with Beth POOL PATIO **Sub: Airam 7/2, 7/9, 7/16, 7/23, 7/30 ZUMBA!**	12:15pm - 1:25pm Unplug Yoga with Emily DANCE STUDIO	10:00am - 10:55am Yoga for Longevity with Tina DANCE STUDIO **Sub: Emily 7/11, 7/25**	**Aquatics & Fitness Center HOURS:** Monday-Thursday 6:00am-7:30pm Friday 6:00am-6:00pm Saturday-Sunday 8:15am-4:30pm **PLEASE NOTE:** Locker rooms will be CLOSED daily from 2:00pm - 2:15pm for cleaning.	
	12:15pm - 1:25pm Unplug Yoga with Emily DANCE STUDIO	10:00am - 10:55am Yoga with Weights with Jane DANCE STUDIO	1:35pm - 2:30pm TRX with Sheri FRONT PATIO / DANCE STUDIO*	11:00am - 11:55am Full-Body Stretch with Tina DANCE STUDIO **Sub: Emily 7/11, 7/25**		
	1:35pm - 2:30pm TRX with Sheri FRONT PATIO	11:00am - 12:00pm Pilates with Kathy $ VIRTUAL via ZOOM **Course # 13975**	5:00pm - 5:55pm Zumba with Airam DANCE STUDIO	11:00am - 12:00pm Pilates with Kathy $ VIRTUAL via ZOOM **Course # 13981**		
For up-to-date schedules and information about our classes, programs and more, visit **www.millvalleyrecreation.org**		11:00am - 11:55am Boot Camp with Christopher FRONT PATIO / COVE* **No class: 7/9, 7/16**		11:00am - 11:55am Boot Camp with Christopher FRONT PATIO / COVE* **No class: 7/11**		
		11:15am - 12:10pm Functional Strength with Tina DANCE STUDIO **No class: 7/9, 7/23**		2:00pm - 3:00pm Gentle Yoga Flow with Erin DANCE STUDIO	$ - Indicates Premium Fitness Class Registration Required at MyMVR.org **Registration Now Open**	
		5:30pm - 6:25pm Water Aerobics w/ Christopher - POOL *Deep End* - **No class: 7/9, 7/16**				

GROUP EXERCISE CLASS DESCRIPTIONS

AQUA INTENSITY: Intermediate-Advance level. Performance-based water class focusing on the latest exercise science to reach optimal "functional age" potential. Active coaching focuses on anaerobic intervals, power training, and deep-end core control. Designed for those with strong water and fitness condition. Designed for those comfortable in deep water with accomplished Water Fitness class skills.

AQUA ZUMBA: Aqua Zumba blends dancing fun with water resistance for the best pool party around! Set to energetic music from around the world, these water-paced routines are easy to follow and will get your heart pumping. Water's natural resistance also makes for a low-impact workout on the joints while toning muscles.

BOOT CAMP: This class uses weights, as well as functional body weight movements. You will strengthen and align your body quickly. Focused movement eliminates momentum, it forces your body to work harder and strengthen weak fibers normally passed over. A safe, effective, efficient workout. You will target your core in every class creating balance, strength, stability, and flexibility in your own body. All Levels Welcome.

CHAIR YOGA: Chair Yoga is the most accessible form of yoga because it can be done in a seat & is easy enough for all levels. It's great for anyone who is desk bound, has limited range of motion, or finds certain traditional yoga postures challenging. It will help you to become more mindful, development more awareness of your body and make the connection of mind/body with your breath.

FULL-BODY STRETCH: Increase everyday mobility with this lower-intensity class designed for the Active Aging 65+ adult that addresses core, posture, balance, injuries, and muscle-joint range limitations. Routine weaves functional movement patterns with ancient practices such as Yoga, Tai Chi & Qi Gong and even Meditation to achieve a full body stretch. Taught sitting, standing and in a chair.

FUNCTIONAL STRENGTH: Enhance everyday strength and mobility with reaching, lifting, turning, and stepping with this easily modifiable lower-to-moderate intensity class using light weights and resistance bands. Unique circuits focus on upper body, core, and balance strength with "Personal Trainer" attention given to back, knee, hip, and shoulder concerns. Ideal for Active Aging 65+ adults. Taught standing or sitting a chair.

MINDFUL FLOW: Gentle flow that aligns movement with breath and encourages presence, softening, and somatic awareness. This yoga class includes a blend of breathwork, movement, and guided meditation that supports participants to hold the body and emotions with mindful clarity, curiosity, and compassion.

PILATES: Pilates is a system of controlled exercises that engage the mind and condition the total body. Blending strength and flexibility training it improves posture, reduces stress, and creates long lean muscles. Postural improvements result from the focus placed on precise movements originating from the core engaged in deepest layers of muscle that stabilize and support the spine and pelvis. Movements in sports and daily activities are more efficient, balanced, and safer.

$ - PILATES STRETCH: Classes offered via ZOOM. This class will build fundamentals of core strengthening & stabilization as it applies to movement using the Pilates method. Beginning level exercises will be made progressively more challenging emphasizing form & alignment. Stretching will create more space in spinal vertebrae and joints and allow daily activities to be more pain free, as well as reducing the risk of injuries. Designed for everyone who wants to enjoy muscle tone and harmony of both body and mind.

RESTORATIVE YOGA: The body and mind are brought to a place of deep rest. In stillness and silence, we dive deeply within to reconnect with our core and essence. Resting in peace, balance, and healing. This hour will nourish you and provide tools to reduce stress, enabling you to life to its richest fullest extent.

SPIN: Challenging and upbeat spin class for all fitness levels with an emphasis on improving cardiovascular endurance and having fun! High energy cardio workout, using hill climbs, sprints, and endurance drills to help meet your fitness goals.

STEP: STEP back into fitness! Choreographed class using elevated "step" to perform high energy dance moves to help tone and strengthen your legs, glutes, and core. All Levels Welcome.

STRONG: This 45 min class is a strength class where we focus on overall full body strength and finishing the class with core and stretching. Taught outdoors while following social distance protocols. Equipment: Dumbbells and exercise bands. All Levels Welcome.

STRENGTH & CONDITIONING: A dumbbell & body weight session. Incorporating functional movement patterns with both muscle isolation and full body exercises. Each session will consist of explosive, and endurance based, full body workouts. Modifications will be in place to cater for each individual's needs.

TRX: TRX, short for "total body resistance exercises", uses suspension training for a full body workout. It works by challenging your body in conditions of instability, which forces you to engage your core to perform each exercise. Your body integrates strength, balance, and mobility during each exercise, maximizing neuromuscular response for a better workout. All levels welcome. Modifications given as needed.

UNPLUG YOGA: Release tension, reset your spine, activate your core, and melt stress away. Quarantine life and technology can lead to tight shoulders and hips as well as chronic stress. This mindful flow will unwind your body and nervous system as you experience a step-by-step guide into both yoga and Pilates healing practices. For all ages, abilities and body types with modifications provided.

VINYASA YOGA: Vinyasa yoga is a creative form of yoga where poses are linked together with the breath in a flowing sequence. Classes may be sequenced around a peak pose such as a backbend, or they might focus on a particular theme such as the chakras or an aspect of yoga philosophy.

WATER AEROBICS: Water Aerobics in Physically Distant areas of the pool. Medium to high intensity, fast paced class focusing on Aerobic conditioning through challenging movements, repetitions, and sets.

WATER RX: A slower and lower intensity class designed for join range of motion, balance, and alignment, plus core fundamentals. Participants progress to improving muscle mass and begin cardiovascular endurance. Ideal for persons recommended by physicians for pre- or post-surgery rehabilitation. Must be able to enter the water unassisted. Taught in deep and shallow water. Buoyancy belts available for use.

YOGA FOR LONGEVITY: Yoga for your evolving body! Take part in lively, moderate-intensity sequences taught standing, sitting, and on all fours with personalized modifications to support knee, hip, spine, shoulder, wrist, and neck conditions. Progress at your own pace as you experience how practical applications of specific poses and props improve strength and reduce pain. Suitable for Active Aging 50-65+ adults and Yoga beginners.

YOGA WITH WEIGHTS: Class is for beginners as well as experienced practitioners of all ages. Adding weights takes your hour practice to the next level by challenging the muscles and bones with resistance to add strength and bone density. Yoga to the rescue for: balance, strength, vitality, inner peace, and lots of joy. We move gently and slowly. All levels welcome. No prior experience necessary.

ZUMBA: Zumba takes the "work" out of "workout"! Throw your cares away, smile and get your heart rate up and build up a sweat in this fun dance workout set to energizing music from around the world! Steps are simple and all moves start as low-impact and low-intensity with more challenging options offered later.