



ALL CARDIO machines are limited to 30 minutes:

4:00pm-7:00pm SIGN-IN for Treadmill usage.
PLEASE BRING EXTRA PAIR OF GYM SHOE

FITNESS CLASS DESCRIPTION(not all classes are offered each month).

Senior Aerobics. Senior Weight training(Sr.Wt.trng.) Class designed for OLDER active adults with appropriate warm-ups, aerobic conditioning, musculoskeletal strengthening, flexibility, and relaxation activities as well as cool downs.

STEP AEROBICS;Aerobics/wts; Includes Aerobics, Freestyle Dance, this exercise increases cardio endurance but can increase strength, flexibility and coordination. Classes vary in dance and technique.

INDOOR CYCLING: Cycling brought indoors; a high intensity exercise that involves using a stationary exercise bicycle in a classroom setting to enhance cardio endurance and increase aerobic capacity during exercise.

KICKBOXING/KICKBOX FIT: A high energy kickboxing class including upper and lower body drills with fun sport conditioning, core conditioning, and cardio drills, with a little hip hop funk to meet cardio threshold, muscular strength, endurance, stamina

CIRCUIT TRAINING/X-TRAINING: Includes Aerobic intervals, a class that incorporates alternating resistance and cardio training.

CORE CONDITIONING: Includes or training a class that focuses on strengthening and increasing balance of the torso muscles.

ABS CLASS: Class designed to strengthen the oblique's, lower and upper abdominals, through a variety of abdominal exercises.

FULL BODY: A circuit designed workout for total body combining strength conditioning and cardio performed with little equipment or bodyweight.

ZUMBA FITNESS: Is a Latin-inspired dance-fitness class that incorporates movements such as meringue, salsa, cumbia, raggeton, with latin and international music to create a dynamic, exciting and effective workout.

YOGA: This is a dynamic form that combines breath, movements, meditation, rhythmic sound and deep relaxation. It is practical for the average person regardless of degree of flexibility or experience.

TAI CHI/SENIORS: A safe and easy-to-learn program proven to relieve pain and improve health and balance.

WT. MANAGEMENT- Educational class consisting of calculating a goal body weight (finding your current weight, fat weight, lean body weight).

BALL PLAY- Workout consisting of using various sizes of ball to perform exercise for a full body workout.

YOUTH FITNESS- This class is for Youth only ages 8yrs-13yrs of age, classes will vary depending on instructor. Sessions will be develop for the youth to incorporate all muscle groups.

Always WARM-UP for 5 minutes before you work out and COOL DOWN for 5 minutes after you workout; cooling down allows your heart rate to return to its resting state. If you feel tired, pain or shortness of breath, light headed or dizzy while exercising stop and rest and let your instructor know or a member of the WRWC staff.

**SENIOR HOUR
TUESDAY & THURSDAYS
9:00am-11:00am**

**Ladies Fitness Night
Friday Evenings
5:00pm-7:00pm**