




Parks and Recreation

# July 2019 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.				REC CENTER CLOSED 4 <sup>th</sup> of JULY	<b>Sunrise Cycle</b> 45 min Bambi	
7 a.m.	Vinyasa Yoga Grace	TRX Circuits Lora	InMotion/ Low Impact Laura L.		InMotion/ Low Impact Laura L.	
8 a.m.	P90x Robbie	Pilates with Props Gail	Yoga Asha	Good Morning! Yoga Pat	Strength & Core Judy	
9 a.m.	Cardio Kickboxing Emily	Zumba Sarah	Cardio Interval Carey	Zumba Felix	Cardio Hip Hop Emily	Zumba Lindsey
	<b>Cycling</b> 60 min/Carey	<b>Cycling</b> 45 min/Carey	<b>Cycling</b> Bambi	<b>Cycle &amp; Arms</b> Bambi		<b>Cycle60</b> Julie
10 a.m.	Gentle Yoga Julia Community Room	*Kettlebell Fusion Gail Gym	<b>Rowing 101</b> Bob *no class 7/31 (10:30 a.m.)	*Kettlebell Fusion Gail Gym	Gentle Yoga Julia	
	Stretch & Sculpt Carey	Strength Training Carey	Stretch & Sculpt Carey	Strength Training Felix		Fusion Fitness Julie
11 a.m.	SilverSneakers® Classic Kathy (11:30 a.m.)	Chair Fitness 45min / Gail	SilverSneakers® BOOM Move It Gail (11:30 a.m.)	Chair Fitness 45min / Gail	SilverSneakers® BOOM Move It Jill (11:30 a.m.)	Align & Flow Yoga (all levels) Laura S.
12 p.m.	SilverSneakers® Circuit Bambi (12:30 p.m.)	SilverSneakers® BOOM Mind Gail	SilverSneakers® Yoga Gail (12:30 p.m.)	SilverSneakers® Circuit Gail	SilverSneakers® Classic Gail (12:30 p.m.)	
1 p.m.	SilverSneakers® Yoga Julia (1:30 p.m.)	SilverSneakers® Stability & Balance Gail	SilverSneakers® Classic Bambi (1:30 p.m.)	SilverSneakers® BOOM Mind Gail	SilverSneakers® Stability &Balance Gail (1:30 p.m.)	
2 p.m.		Intro to Tai Chi Michael		Intermediate Tai Chi Michael		

(additional classes are listed on back side)

\*All classes are 50 minutes unless specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
4 p.m.	Yin Yoga Christine		Restore & Flow Yoga Grace		Gentle Vinyasa Yoga (4-5:15 p.m.) Grace	Candlelight Yoga Teresa
4:30 p.m.		Balanced Body Pilates Laura S.		Balanced Body Pilates Laura S.		
5 p.m.	Barre Express Christine (45 min)		<b>JULY 24</b> FREE Beginner Boxing Class Lloyd	**Kids/Youth Yoga Pauline \$Fee		
5:30 p.m.		TRX Circuit Julie		Body Sculpt Bambi		
6 p.m.	Zumba Bess		Zumba Felix			
6:30 p.m.						
7 p.m.						
7 p.m.	Cycle & Core Tina		Cycle & Core Tina			

\*Previous Kettlebell experience required.

\*\*Extra fee based class.

**Cycling classes** - First time cycling please arrive 5 min before class for proper set-up.

Row/Spin class cards will be available at the Front Desk 1 hr before each class.

Maximum of 11 per class for spin, 6 per class for rowing.

**TRX Suspension Training classes** – maximum of 8 per class.

Recreation Center Phone # 757-259-4200

For access to land and aquatic fitness classes you'll need to purchase a Group Fitness Pass, 10 Tab or Combo Pass from the Front Desk:

- \$55; \$50 for JC/W residents - one month unlimited- with no facility pass
- \$30 a month for unlimited classes – 1, 3, 6 or 12 month facility pass holder Excluding daily access passes
- \$60; \$55 for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

### ***Abram Frink Jr. Community Center Classes***

4:30 p.m.	SilverSneakers® Classic Mondays & Wednesdays Sonya	6:30 p.m.	Zumba (AFCC Wristband Required) Tuesdays & Thursdays Melanie
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**\*\*James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit [jamescitycountyva.gov/842/fitness-aerobics](http://jamescitycountyva.gov/842/fitness-aerobics).**