



# Fitness

## Group Fitness Schedule

| Sunday | Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday                                 | Saturday                                      |
|--------|--|--|---|--|--|---|
|        | <b>3-2-1 Shred**</b><br>5:15 - 5:45 am           | <b>Move It &amp; Lose It**</b><br>5:15 - 6:00 am | <b>3-2-1 Shred**</b><br>5:15 - 5:45 am          | <b>Move It &amp; Lose It**</b><br>5:15 - 6:00 am | <b>INSANITY</b><br>5:15 - 6:00 am      |   |
|        | <b>Water Lilies*</b><br>8:00 - 9:00 am           | <b>Water Lilies*</b><br>8:00 - 9:00 am           | <b>Water Lilies*</b><br>8:00 - 9:00 am          | <b>Water Lilies*</b><br>8:00 - 9:00 am           | <b>Water Lilies*</b><br>8:00 - 9:00 am | <b>Not Your Mama's Yoga</b><br>7:00 - 8:00 am |
|        |  | <b>Making Waves*</b><br>9:30 - 10:30 am          | <b>3-2-1 Shred**</b><br>9:15 - 9:45 am          | <b>Making Waves*</b><br>9:30 - 10:30 am          |  |   |
|        | <b>Replex Retros</b><br>4:50 - 5:50 pm           | <b>3-2-1 Shred**</b><br>4:30 - 5:00 pm           | <b>Making Waves*</b><br>9:30 - 10:30 am         |  | <b>Replex Retros</b><br>4:50 - 5:50 pm |   |
|        | <b>Water Works*</b><br>5:45 - 6:45 pm            | <b>Body Bands**</b><br>5:30 - 6:15 pm            | <b>Water Works*</b><br>5:45 - 6:45 pm           | <b>Body Bands**</b><br>5:30 - 6:15 pm            |  |   |
|        | <b>Move It &amp; Lose It**</b><br>6:15 - 7:00 pm | <b>Butts &amp; Guts</b><br>6:30 - 7:30 pm        | <b>Not Your** Mama's Yoga</b><br>6:00 - 7:00 pm | <b>3-2-1 Shred**</b><br>6:30 - 7:30 pm           |  |   |

\*class is held in pool

\*\*advanced registration is available online each week starting Sunday evening at 6:00 pm. Log in to [replexcommunity.org/onlineregistration.html](http://replexcommunity.org/onlineregistration.html) to reserve your spot in classes for the upcoming week.

## Personal Training

|                            |        |      |
|----------------------------|--------|------|
| <b>Members</b>             | 30 min | \$25 |
|                            | 60 min | \$45 |
| <b>Prospective Members</b> | 30 min | \$30 |
|                            | 60 min | \$55 |

Group rates increase 10% per person.

**Extra Savings: Buy 5 sessions and get the 6th free!**

# Class Descriptions

## 3-2-1 Shred

A 30 or 60-minute conditioning workout that combines cardio, strength and abdominal work in a 3-2-1 interval approach (3-minute cardio, 2-minute strength, 1-minute abs). This allows you to at your own pace and ability level. In this hour workout, you will have a warm-up, four to eight 6-minute sets of cardio/strength/abs, and a cool down to stretch.

## Body Bands

A full body resistance workout that incorporates strength and cardiovascular training for all fitness levels.

## Butts & Guts

This muscular conditioning class is designed to tone and shape your hips, thighs, butt, abdomen and lower back. We will use exercises that are specifically designed to target and tone these problem areas.

## Not Your Mama's Yoga

Want to work on flexibility, stretching and balance? Need to reduce your stress level? This class mixes yoga poses for strengthening and stretching with fluid pilates moves for a full body, mind, and spirit workout.

## INSANITY

INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape— levels of each exercise are provided.

## Making Waves

Water exercise is a great workout for anyone wanting to gain strength and flexibility. Participants will enjoy 60 minutes of exercises set to music for better health and wellness.

## Move It & Lose It

This class is set to high-energy music. Before participants know it, they're getting fit and improving their energy levels! Its easy to do, effective and totally exhilarating! Join us to improve your endurance and shed those unwanted pounds.

## Replex Retros

Calling all seniors! Replex Retros is designed to help seniors better perform daily activities by increasing muscular strength and range of motion. Hand-held weights, elastic bands and a ball are offered for resistance. A chair is available if needed for seated or standing support.

## Water Lilies

Do you suffer from arthritis and need a water exercise class that focuses on range of motion to help ease your pain? If so, Water Lilies may be just what you need . You don't even need to know how to swim. This class is not just another water exercise class. It's a family where fellowship is just as important as the exercises. Also, after class, social events are a regular activity. We invite you to come join the Water Lily family!

## Water Works

A 60 minute water aerobics and strength class designed for people of all ages. Class routines range from targeting muscle groups, utilizing water exercise equipment, and working together to get fit!