

Class Descriptions

Athletic Edge—Intermediate to Advanced: Please refer to Cycling Studio schedule for when class is held as well as the class description.

Build and Burn - All Levels: This class is designed to help you work your “summer outdoor” muscles during the winter months when you go inside. An interval training class that utilizes steps, dumbbells and gliding discs. Variety promised every week! This class will be offered through Memorial Day.

Core - All Levels: Not just crunches anymore! This 15 minute class will target and strengthen the entire core.

Cycling – All Levels: Group cycling workouts in our Cycling Studio. Please refer to the Cycling Studio class schedule for details.

Fitness Yoga - All Levels: Enjoy basic yoga postures and exercises that will help improve flexibility, balance, and strength. Power Lunch Yoga offers a shorter class length. Please bring your own yoga mat to class.

***Hula Hoop, Hoop It Up - All Levels:** Learn how to hula hoop and turn it into a workout. Hooping is a brand new way to use your core. Reserve your hoop by calling the front desk at 295-2552.

***IronWorks - All Levels:** This class combines weights, music and instructor motivation to keep your body moving and your energy level high. Reserve your “ironbar” and bench up to 48 hours in advance by calling 295-2552.

\$ Judo - Intermediate to Advanced: Literal translation means “gentle way.” A sport adapted from jujitsu and similar to wrestling. Must be 21 years of age. Contact Chris Horak at 263-9629 regarding any questions you may have.

Kick It—All Levels: “Kick It” before or after work to get rid of stress! You will jab, punch and kick your way into better fitness. Try it, you’ll like it!

Kids Fit & Fun- All Levels: This class is for children ages 2-5. Parents/grandparents are welcome and encouraged to participate OR you can go and get a workout in! This class is free with your membership.

Kettlebell Express- Intermediate to Advanced: This 30-minute express class involves fluid, yet powerful momentum-based movements holding one or two kettlebells. The workout improves strength, flexibility and balance together with cardio-vascular fitness simultaneously.

Mat Pilates - All Levels: Come for the most comprehensive core workout you have ever experienced. No prior sign up required. Mat Pilates classes are complimentary with your membership. Please bring your own mat and towel to class.

\$ MAX10® Body Shaping – All Levels: The next generation of 10-week extreme fitness programs. Watch your body completely re-shape. Designed by six-time national martial arts champion, Travis Richardson. This program has it all: Kickboxing, resistance training using bands and dumbbells, plyometrics, core, flexibility, social networking events, coaches, teams, hi-tech ultrasound testing, and more! Inquire at the front desk for the next session sign up.

Morning Madness—All Levels: A class designed to give you a killer cross training workout. Class meets in the Fitness Classroom and moves to the main cardio area from there.

SilverSneakers® - All Levels: See the SilverSneakers® schedule.

Step—All Levels: A class that offers heart pumping workouts. Be a part of what makes the “Step”— a tried and true- great workout.

StepTonic - All Levels: Try this style of stepping for beginners and advanced steppers. Three minutes of simple step choreography followed by two minutes of power strength moves. We promise you that you will leave this class feeling empowered and strong!

Step and Swing - All Levels: This class gets helps get your cardio training in as you learn simple step/aerobics patterns. Come move to music and get fit!

Stretch and Relax - All Levels: Relax listening to soothing music while stretching to improve range of motion and injury prevention.

TNT—A Dynamite Workout! All Levels: 15 minutes of high intensity cardio segments followed by 5 minutes of muscular strength and endurance workouts—X Times Two = 1 awesome workout!

Tai Chi - All Levels: This class helps to reduce stress and improve balance. It also focuses on proper breathing and form.

\$ Tae Kwon Do- All Levels: Offered by Ultimate Tae Kwon Do for an additional fee of \$10.50 per month.

ZUMBA® - All Levels: Ditch the workout! Join the party! ZUMBA combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. ZUMBA fanatics achieve long term health benefits while experiencing an absolute blast in a workout of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. ZUMBA is not only great for the body, but it is also great for the mind. It is a ‘feel happy’ workout.

Key to symbols: \$ = A fee applies to class.

***= Sign up at the front desk or by calling 295-2552 to guarantee your spot in class. A \$3 plus tax “no show” fee applies if you do not cancel or do not attend class.**

For questions regarding Group Fitness contact Brenda Cloud, Group Fitness Coordinator at 295-2552 or bacloud5@rockwellcollins.com

Rockwell Collins Rec Center

Group Fitness Class Schedule

Effective January 7, 2012



HOURS of OPERATION

Monday-Thursday	5:05 am-10:00 pm
Friday	5:05 am-8:00 pm
Saturday	7:30 am-5:30 pm
Sunday	9:30 am-5:30 pm

BABYSITTING HOURS

Monday-Friday	9:00 am-1:15 pm
Monday-Thursday	4:00 pm-7:45 pm
Friday	4:00 pm-6:45 pm
Saturday	8:00 am-Noon

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Time / Day	MONDAY Fitness Classroom	MONDAY High Court	TUESDAY Fitness Classroom	TUESDAY High Court	WEDNESDAY Fitness Classroom	WEDNESDAY High Court	THURSDAY Fitness Classroom	THURSDAY High Court	FRIDAY Fitness Classroom	FRIDAY High Court	SATURDAY Fitness Classroom	SATURDAY High Court	SUNDAY Fitness Classroom High Court	Time / Day
5:25-6:10 AM	Morning Madness w/Brad	\$ MAX10 5:30-6:25 AM	*IronWorks w/Nancy	\$ MAX10 5:30-6:25 AM		\$ MAX10 5:30-6:25 AM	Kick It w/Jilian	\$ MAX10 5:30-6:25 AM		\$ MAX10 5:30-6:25 AM				5:25-6:10 AM
6:15-6:30 AM	Core w/Brad	\$ MAX10 6:30-7:25 AM		\$ MAX10 6:30-7:25 AM	Core w/Tracey	\$ MAX10 6:30-7:25 AM	Core w/Jillian	\$ MAX10 6:30-7:25 AM		\$ MAX10 6:30-7:25 AM				6:15-6:30 AM
8:05-8:35 AM or 8:05-8:50 AM or 8:05-9:05 AM	Stretch & Relax w/Amy V				Stretch & Relax w/AmyV				Stretch & Relax w/Amy V		IronWorks followed by CORE w/Deb J 8:05-9:05 AM	ZUMBA w/staff 8:05-8:50 AM		8:05-8:35 AM or 8:05-8:50 AM or 8:05-9:05 AM
8:35-9:05 AM	Step & Swing w/Amy V				Step & Swing w/Amy V				Step & Swing w/Amy V					8:35-9:05 AM
9:00-9:45 AM												STEP w/Amy or Chris		9:00- 9:45 AM
9:20-10:20 AM	IronWorks followed by CORE w/Deb J		Fitness Yoga w/Amy B		IronWorks followed by CORE w/Chris		Fitness Yoga w/Bonnie and Amy B		Fitness Yoga w/Amy V and Travis		Fitness Yoga w/Staff			9:20-10:20 AM or 9:40-10:25 AM
9:40-10:25 AM or 10:00-10:30 AM						*Hula Hoop w/Amy M 10:00-10:30						\$ MAX10 10:15-11 AM	Ready Step Go w/Tracey 9:40-10:25	9:40-10:25 AM or 10:00-10:30 AM
10:30-11:00 AM 10:30-11:15 AM		ZUMBA w/Bonnie	Mat Pilates w/Bonnie			ZUMBA w/Tracey	Kids Fit & Fun w/Christa and Becky 10:30-11 AM		Mat Pilates w/Bonnie				*IronWorks w/Tracey	10:30-11:15 AM
11:15 AM - NOON or 11:30 AM-12:15 PM		\$ MAX10 11:30-12:15		\$ MAX10 11:30-12:15		\$ MAX10 11:30-12:15	*IronWorks w/Amy V 11:15 AM- 12	\$ MAX10 11:30-12:15		\$ MAX10 11:30-12:15				11:15 AM - NOON or 11:30 AM-12:15 PM
12:10-12:55 PM	Step Express w/Char		IronWorks w/Deb D		Power Lunch Yoga w/Amy V		Step Express w/Amy M		*IronWorks w/Deb D					12:10-12:55 PM
4:30-5:25 PM or 4:40-5:25 PM or 5:00-5:20 PM	Core w/Amy M 5:00-5:20 PM	\$ MAX10 4:30-5:25 PM	\$ Judo 4:00-5:15 PM	\$ MAX10 4:30-5:25 PM		\$ MAX10 4:30-5:25 PM	Mat Pilates w/Alicia 4:40-5:25 PM	\$ MAX10 4:30-5:25 PM		\$ MAX10 4:30-5:25 PM				4:30-5:25 PM or 4:40-5:25 PM or 5:00-5:20 PM
5:30-6:15 PM or 5:30-6:30 PM	*IronWorks w/Janet	Step w/Amy M	TNT w/Janet & Tracey	ZUMBA w/Amy V	Fitness Yoga w/Paige 5:30-6:30 PM	StepTonic w/Amy M	Build & Burn w/Janet	ZUMBA w/Tracey or Amy B						5:30-6:15 PM
6:15-6:30 PM	Core w/Janet		Core w/Janet or Tracey	Core w/Janet or Tracey			Core w/Lindsay							6:15-6:30 PM
6:30-7:00 PM		Kettlebell Express w/Lucas		*Hula Hoop w/Kristy	Kick It w/ Chris G	Kettlebell Express w/Chris B		Kettlebell Express w/Jeanne						6:30-7:00 PM
6:30-7:30 PM or 7:00-8:00 PM			Fitness Yoga w/ Amy V 6:30-7:30 PM		Tai Chi w/Bill 7:00-8:00 PM			Tai Chi w/Bill 6:30-7:30 PM						6:30-7:30 PM or 7:00-8:00 PM
7:30-8:30 PM	\$ Tae Kwon Do						\$ Tae Kwon Do							7:30-8:30 PM

* = Sign up at the front desk by calling 295-2552 to guarantee your spot in class. A \$3 "no show" fee applies.

\$ = Class requires an additional fee.

Cycling Studio Class Descriptions

Athletic Edge—Intermediate to Advanced: A 75-minute class that will improve your cardiovascular fitness with interval training to improve your running and cycling skills. The class is designed for runners, cyclists, triathletes. Class focuses on training variables to improve your running. Class is held outdoors when the weather allows.

BRICK—Intermediate to Advanced: A 60 minute group workout on studio cycles and the running track. The first half of class is conducted on the studio cycles the second half is on the track. You can be a cyclist, runner, walker or triathlete to reap rewards from this class. Join the instructor for the entire class or the your preferred part of class. This class is offered through mid-late May.

Cycling—All Levels: A 45-minute group workout on studio cycles. Classes will focus on steady-state training, hillwork and interval training.

Cycling 101—Intro: A 30-minute beginner cycling class. Learn how to set up your bike and how to adjust your intensity through cadenced and/or resistance. Instructor reminds you of proper pedal stroke techniques and teaches you "ZONE" cues taught in all of our cycling classes. Class offered the first Saturday of each month January through mid-May.

High Tech Cycling - Intermediate to Advanced: A 75-minute workout. Your instructor, Bob Brooker, an experienced local triathlete and runner, utilizes a cycling training DVD designed to improve your cycling skills. Geared towards cyclists and triathletes but all will enjoy who are looking for a longer workout! Please note that you do not have to stay for the entire class to participate unless there is a waiting list. This class is offered through mid-late May.

Kinect XBOX 360—All Levels, Children, Teenagers and Adults: Come play one of our Kinect XBOX 360 games on our big screen in the Cycling Studio. Games available are: Kinect Sports, Kinect Adventures, Your Shape Fitness Evolved, ZUMBA, Dance Central and Dance Paradise. Ask the front desk supervisor to have the system set up for you to utilize. The Kinect XBOX 360 system is not designed to replace your exercise program. It is offered to supplement your workout and have some fun!

Things to enhance your workout experience!

LOOK FOR: Cycle Tour: Instructors add scenery to your cycling workout by projecting virtual reality DVD journeys on the front wall of the cycling studio. Your workout time will fly by as you envision traveling to places such as St. Croix, US Virgin Islands, Puerto Rico, Colorado and more!



ASK FOR: Your Bike Trainer Option: Did you ever want to ride your bike on your trainer in a class? Let us know if you do and we will accommodate those who are interested in adding this as a training variable to their cycling class workouts.



RESERVATIONS: You do not have to make a reservation but it is encouraged to guarantee that you have a cycle for class. *Rec Center members can reserve a cycling bike for all classes held in the Cycling Studio by signing up at the front desk or by calling 295-2552. If you are more than five minutes late for the start of class, you will forfeit your cycling bike if there is a waiting list. A \$3 plus tax "no show" fee applies. We encourage all participants to bring a waterbottle and a towel to class.

For questions regarding group fitness, contact Brenda Cloud, at 295-2552 or bacloud5@rockwellcollins.com

Rockwell Collins Rec Center

Cycling Studio Group Fitness Class Schedule

Please note that all classes held in the cycling studio are free for members.

Effective January 7, 2012



HOURS of OPERATION

Mon-Thurs	5:05 a.m.-10:00 p.m.
Friday	5:05 a.m.-8:00 p.m.
Saturday	7:30 a.m.-5:30 p.m.
Sunday	9:30 a.m.-5:30 p.m.

BABYSITTING HOURS

Mon-Fri	9:00 a.m.-1:15 p.m.
Mon-Thurs	4:00 p.m.-7:45 p.m.
Friday	4:00 p.m.-6:45 p.m.
Saturday	8:00 a.m.-12:00 p.m.

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Group Fitness Cycling Studio Schedule

Time / Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Time / Day
5:25-6:10 AM	Morning Madness w/Brad		*Cycling w/Tracey		*Cycling w/Brad			5:25-6:10 AM
6:15-6:30 AM	Core w/Brad (in FC)		Core w/Tracey (in FC)	Core w/Jillian (in FC)	Core w/Brad (in FC)			6:15-6:30 AM
8:05-8:50 AM						*Cycling w/ Greg or Vikki		8:05-8:50 AM
9:00-9:30 AM						*Cycling 101 1st Sat. begins Jan. w/Chris		9:00-9:30 AM
12:10-12:55 PM	*Cycling w/Deb		*Cycling w/Jeff	*Cycling w/Bonnie				12:10-12:55 PM
1:30-3:30 PM	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	1:30-3:30 PM
5:15-6:30 PM		Athletic Edge w/Cale		*High Tech Cycling w/Bob				5:15-6:30 PM
5:30-6:15 PM	*Cycling w/Tracey							5:30-6:15 PM
5:30-6:30 PM			BRICK (Bike/Run) w/ Bob					5:30-6:30 PM
7:00-9:00 PM	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	Kinect XBOX 360	7:00-9:00 PM

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