

# FITNESS

at the Brea Community Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In compliance to Fire Code Regulations, all Group X Class participants must line up by the Front Counter prior to class start time.		6 am-7 am BodyPump Melissa		6 am-7 am BodyPump Eden		7 am-7:55 am Cycle Juana
8 am-8:55 am Cycle Karen	8 am-8:55 am Low Impact Christine 8 am-8:55 am *Zumba Charu/Lando	8 am-8:55 am Low Impact Andrea	8 am-8:55 am Low Impact Stacy	8 am-8:55 am Barre Andrea 8 am-8:55 am Low Impact Christine	8 am-8:55 am Pilates Judy	8 am-8:55 am BodyPump Herman
9 am-9:55 am BodyPump Karen	9 am-10 am BodyPump Christine	9 am-9:55 am *Zumba Renee	9 am-9:55 am *Cardio Kick Pierre	9 am-9:55 am *Zumba Renee	9 am-9:55 am BodyPump Judy/Cema	9 am-9:55 am *Zumba Renee
10 am-10:55 am *Zumba Lando	10:30-11:30 am SilverSneakers® Michael	10 am-10:55 am Super Sculpt Tanya	10 am-10:55 am SilverSneakers® Christine	10 am-10:55 am Cycle Gilbert	10:00 am-10:55 am Yoga Linda	10 am-10:55 am Barre Andrea
11 am-12 pm Yoga Kris	12 pm-1 pm Yoga Dolly	11 am-11:55 am Cycle Sculpt Rebecca 12 pm-1 pm Pilates Karen 1:15 pm-2:15 pm SilverSneakers® Circuit Judy	11 am-11:55 am *Zumba Charu 12 pm-1 pm BodyPump Cema 1:15 pm-2:15 pm Joyful Movement Ely	11 am-11:55 am SilverSneakers® Circuit Letty/Ely 12 pm-1 pm Yoga Linda	11:00-11:55 am Cycle-Sculpt Andrea 12 pm-1 pm *Zumba Charu/Ashley 1:15 pm-2:15 pm SilverSneakers® Arlinda	11 am-11:55 am Yoga Myra
	4:30 pm-5:15 pm Cycle Express Tanya	4:30 pm-5:25 pm *Zumba Julie	4:30 pm-5:25 pm Circuit Step Melissa	4:30 pm-5:25 pm Cycle Circuit Andrea and Matt	4:30 pm-5:25 pm BodyPump Melissa/Natasha	
	5:30 pm-6:25 pm BodyPump Circuit Eden	5:30 pm-6:25 pm BodyPump Christine	5:30 pm-6:25 pm Cycle Julie 5:30 pm-6:25 pm **Yoga Myra	5:30 pm-6:25 pm High Intensity Interval Training (HIIT) Kickboxing Jennifer S.	5:30 pm-6:00 pm Pound Brandi	
	6:30 pm-7:25 pm Cycle-Sculpt Julie	6:30 pm-7:25 pm *Cardio Kick Pierre	6:30 pm-7:25 pm Get Pumped Jennifer S.	6:30 pm-7:25 pm *Zumba Julie	6:00 pm-6:30 pm Super Sculpt Brandi	
	7:30 pm-8:30 pm **Yoga Kris 7:30 pm-8:30 pm *Zumba Lando	7:30 pm-8:30 pm Pilates Barre Fusion Andrea	7:30 pm-8:30 pm *Zumba Lando	7:30 pm-8:30 pm Yoga Kris	<p style="text-align: center;">I</p> <p>Instructors or classes subject to cancel or change at any time</p> <p>*Ask front counter if your class requires a pass **Classes held in Art Studio. Space is limited to 49 people per class. All classes are 55 minutes unless indicated. The City of Brea is not responsible for lost, stolen, or damaged articles left in the workout areas. Please use locker facilities.</p> <p>Group Exercise Room closed to members during non-class times.</p>	

# Group Fitness Class Descriptions

As of November 2, 2018

*Building a Community of Wellness*

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**BodyPump/Les Mills** - The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

**BodyPump Circuit** - Best of BodyPump and interval training.

**Cardio Kick** - Cardio Kickboxing is an intense workout combining martial arts, boxing and cardiovascular movements to give you the results you desire.

**Cycle** - "Let's ride"...You control the bike's resistance from slow hill climbs to sprinting speed work. Increase endurance, up your energy, burn major calories, and jump-start your metabolism. It's a cardio class without comparison!

**Cycle Circuit/Sculpt** - Best of both worlds; cycle and strength training. This is an excellent cross-training class for all skill and fitness levels.

**Cycle Express** - 45 minutes of cardio, calorie burning drills.

**Get Pumped** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Pump it up!

**High Intensity Interval Training (HIIT) Kickboxing** - Intense interval training combined with explosive kickboxing moves, which deliver dramatic changes and rapid results.

**Joyful Movement** - A combination of Tai Chi and Yoga with easy to follow stretching that will increase your flexibility & balance, increase strength & body awareness, and rejuvenate the mind and body.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

**Pilates** - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

**Pilates Barre Fusion** - A fun, energetic, workout that fuses Pilates with Barre work for total-body conditioning, geared for all fitness levels. This fusion style class will sculpt your body, focus your mind, add flexibility, balance, and improve overall fitness.

**Pound** - Pound is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

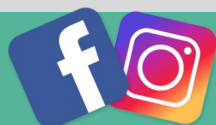
**Step Circuit** - Combines simple, heart-pumping step routines with sculpt training intervals to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

**Super Sculpt** - A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and energy levels are soaring! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!

Monday - Friday: 6:00 am - 10:00 pm  
Saturday - Sunday: 7:00 am - 4:30 pm



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