

## RAPRD Activity Center Group Fitness Schedule Fall 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 -7:00am			Fitness Fusion Leah		
7:45-8:45am	Fitness 4 Life Diane		Fitness 4 Life Diane		
9:15-10:20am	PowerCut Plus Marnae	Balance & Core Diane	PowerCut Plus Marnae	PiYo Leah	Cardio Kickboxing Teresa
4:30-5:30pm	Zumba Toning Leslie Class starts 9/20	PowerCut Plus Jessica	Zumba Toning Cindy Class starts 9/20	PowerCut Plus Jessica	--

### Fitness 4 Life

This class is dedicated to the beginner or active adult or anyone wanting a great all-around workout. 20 minutes of low impact moves, 20 minutes of strength exercises designed to increase range of motion and 20 minutes of balance and flexibility are designed to aid you in all aspects of your life.

### Balance & Core

A blend of Pilates and Yoga moves with added strength and core conditioning. This class is to help you with flexibility, posture and focus on the core muscles.

### Cardio Kickboxing

Jab, cross, hook, uppercut will be the terminology used to get your heart racing in this pre-choreographed martial arts class. Cardio endurance is the focus of this class that is for any ages and ability levels.

### Powercut Plus

Weightlifting class uses free weights, resistance bands and fitness balls along with great music for a head-to-toe workout. Cardio intervals are injected between strength sets.

### Zumba Gold

Infuses Latin dance moves into a low impact format. Great for the beginner or the advanced dancer who wants a low impact workout.

### PiYo

PiYo combines the muscle sculpting of Pilates with the flexibility of Yoga in nonstop fluid movements to get you to a new kind of strong! All ages and abilities.

### Zumba Toning

This class is perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles!

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. No prior knowledge of Zumba moves is required, and all ages and abilities are welcome!

The REDMOND AREA PARK and RECREATION DISTRICT Fitness Classes  
will be held here at the REDMOND SENIOR CENTER!

See reverse side for class information!

If you have any questions or need more information, please call the  
Redmond Area Parks and Recreation District at 541-548-7275, or check their  
website at [www.raprd.org](http://www.raprd.org).