

DROP-IN FITNESS CLASSES

The City of Lafayette Recreation Department offers a wide variety of drop-in fitness classes. Use your annual pass, punch card, or pay the daily visit fee. No sign-up required, unless otherwise noted. Join us today! Must be 15 years of age or older. Check with your doctor prior to starting a fitness program. Drop-in fitness schedule is located on page 12, but is subject to change. Pick up the latest copy at the front desk of the Bob L. Burger Recreation Center or online at www.cityoflafayette.com/fitness.

BEGINNING YOGA Hatha style. You will be introduced to gentle stretching and holding poses as well as using breathing with movement. Standing and sitting postures will be taught.

CORE PLUS An upbeat class that combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates.

BODY COMBAT™ During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness. Experience the driving music which makes BODYCOMBAT™ the world's most popular martial arts group fitness class.

BODY PUMP™ Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you want!

BUTTS & GUTS Hit your target zones with 45-minutes of core strengthening, buns and thighs toning FUN! This class is setup in cardio/strengthening intervals, and will have you heading in the right direction for bikini season.

DEEP WATER AEROBICS Same benefits as land aerobics, including excellent cardiovascular conditioning, muscle toning, flexibility and fat burning. The water environment provides great resistance and a low-impact workout.

EVENING YOGA (YIN/YANG) Experience the benefits of a balanced yin and yang styles of yoga. Yin (Mon nights), emphasizes deep relaxation and long held poses while promoting healthier joints & injury prevention. Yang (Wed nights), is an active, dynamic style of Vinyasa, strengthening & invigorating the body and mind.

FLEX AND STRETCH 30-minute class helps tone and shape core muscles along with deep stretches for flexibility.

GENTLE YOGA This class offers a varied set of Hatha yoga poses. The slow movement is directly connected to breath and presence. This practice can help one to move through the day in a way that engages the mind and body resulting in better decision making and increased energy.

GROUP CYCLING Each instructor will motivate you to keep moving and increase your cardiovascular and aerobic capacity. Even beginners can tailor the workout to your fitness level.

HIGH-INTENSITY WATER AEROBICS Still low-impact, safe, and gentle on the joints, but more difficult. This class includes more intense cardio drills, muscle toning and flexibility and is a great way to increase aerobic capacity and have an intense workout in a fun environment.

INTRO TO STEP An ideal place to start for participants interested in step classes. While the choreography is kept simple and repetitive, intervals and modifications help build the intensity of this fun workout. If you have ever attended a step class and felt overwhelmed with the choreography, this class is just for you. Come learn the basics and "step" into the more advanced classes with ease.

BABY & ME YOGA Expand your yoga practice with this interactive class that incorporates your new baby. You will learn energizing yoga techniques to strengthen and rejuvenate your core that are specifically designed to increase that special bond with your baby. This class is perfect for the mother who wants to return to her yoga practice as well as those new to yoga. Students should bring a blanket for baby to each class.

PRENATAL YOGA Designed to help expectant mothers stay in shape with a moderate flow workout focusing on postures and breathing techniques to prepare them for labor and delivery while creating a community with other expectant mothers.

RELAXING YOGA Wind down from stressors. Work out aches & pains and rejuvenate yourself for the weekend.

RIVER WALKING FOR STAMINA & FLEXIBILITY Walking with and against the current in the Lazy River is an excellent way to tone your muscles and increase stamina. This class incorporates various exercises to help strengthen your body and water yoga poses help increase flexibility.

RISE AND SHINE YOGA This invigorating morning yoga class is the perfect way to start your day! It provides gentle, guided movements that blend strength, balance and overall flexibility. Begin your day in a calming atmosphere that will leave you feeling relaxed and re-energized.

HATHA YOGA FOR STRENGTH AND ENERGY A class filled with powerful movement to increase strength, flexibility and improve your overall well being. Challenge your preconceived notions of what your abilities are and overcome barriers to allow yourself to find both inner and outer strength. This class is appropriate for practitioners with some experience.

STEP This challenging class offers a fun and varied cardiovascular workout that can be modified to suit the fitness level of each individual participant. Steps are used throughout the class to build both aerobic endurance and strength. Original choreography changes with each class and also includes high intensity aerobic intervals.

SHALLOW WATER AQUA AEROBICS CLASS This low-impact class uses water's natural resistance for minimal stress on body and joints, promotes fitness, increases energy, and improves body tone.

TRX RIP TRAINING! TRX Rip Training is a three dimensional (3-D) functional training tool that uses asymmetrical, elastic resistance to train and rehabilitate our bodies for how we move in every day life and sports. TRX Rip Training™ also promotes proper posture and core stability through movement while burning a high amount of calories and reducing the risk of injury to our lower backs.

TRX GROUP SUSPENSION TRAINING The TRX Suspension Trainer is the original, best-in-class workout system that delivers a fast, effective total-body workout leveraging bodyweight to perform hundreds of exercises. You're in control of the workout level, benefitting all fitness levels from endurance trainers to seniors.

The **DROP-IN** FITNESS

Schedule is now on page 12

3 additional ways to receive the latest version:

- Receive a link to the schedule every month in the **Buzz at Bob's** monthly e-newsletter. Sign up on our website.
- Visit www.cityoflafayette.com/fitness to download and print the latest edition.
- Pick up a current schedule at the Recreation Center front desk.

www.cityoflafayette.com/recreation

Drop-In Classes are **FREE** with your annual pass, punch card, or daily admission!

