

2022 Spring Aerobics Calendar

Payne Recreation Center

MONDAY

9:30 AM
Silver Sneakers
Deb

5:30 PM
Pilates
Deb

TUESDAY

9:30 AM
HIIT
Travis

5:30 PM
Zumba Fusion
Shelly/Erika

WEDNESDAY

9:30 AM
Silver Sneakers
Deb

5:30 PM
Tabata
Travis

THURSDAY

9:30 AM
HIIT
Travis

5:30 PM
Tone & Sculpt
Michelle G.

FRIDAY

9:30 AM
Silver Sneakers
Deb

SATURDAY

9:30 AM
Boot Camp
Michelle G.

10:30 AM
Zumba
Michelle De.

Boot Camp - 9:30a: Sat

Boot Camp will build your strength and endurance by combining high-intensity with strength training intervals.

HIIT - 9:30a: Tue & Thu

This class alternates between intense bursts of activity and fixed periods of less-intense activity or rest. Get FIT with HIIT!

Pilates - 5:30p: Mon

This class incorporates the body-mind connection helping you focus on muscle and their use.

Silver Sneakers - 9:30a: Mon, Wed, Fri

Designed to increase muscular strength, range of movement, and activities for daily living. Hand held weights, bands, and SS balls are offered.

Tabata - 5:30p: Wed

This high intensity class combines cardio, core, and strength training with intervals of anaerobic exercise and recovery periods that will leave you energized.

Tone & Sculpt - 5:30p: Thu

We focus on the body's weak points and help strengthen the back and spine, knees, and neck.

Zumba - 10:30a: Sat

Zumba is a mix of movements from Latin dances and music. It is equal part dancing and aerobics.

Zumba Fusion - 5:30p: Tue

An energizing mix of Zumba, cardio dance, strength and balance training.

most classes are 50 minutes

moraineparkandrec.com