# Group Exercise

City of Redmond
WASHINGTON

## Updated 4-2-13

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 7:30 | | | | | | Spin<br>Tracy |
| 8:30 | | | | | | Fit Factory<br>Tracy |
| 8:30 | | | | | | |
| 9:00 | 30/30 Cardio & Strength<br>Jana | Pilates Express (30 min)<br>Natalie | | Pilates Express (30 min)<br>Natalie | Step and Strength<br>Jana | |
| 9:30 | Spin<br>John | Spin<br>Natalie | R.I.P.P.E.D<br>Michelle | Spin<br>Natalie | | |
| 10:00 | | | | | | |
| 10:15 | Core (30 min)<br>Jana | | | | Core (30 min)<br>Jana | |
| 10:30 | | Muscle Blast (30 Min)<br>Natalie | | Muscle Blast (30 Min)<br>Natalie | | |
| 11:00 | Total Body Condi-tioning for Women<br>Jana | Pilates Fusion (45 min)<br>Natalie | | Pilates Fusion (45 min)<br>Natalie | Ball Class<br>Jana | |
| 5:30 | Spin<br>Sharron | | | Spin<br>Katrina | | |
| 6:00 | | R.I.P.P.E.D<br>Michelle | | | | |
| 6:45 | Fit Factory<br>Tracy | | Fit Factory<br>Tracy | | | |
| 7:00 | | Zumba<br>Debra | | Zumba<br>Debra | | |

**Redmond Fit Pass**

**Drop-in fee: $5 for Zumba, all others $7**

**30 day Unlimited: $40 R/ $48 NR**

**3– Month Unlimited: $100 R/ $120 NR**

**3– Month Spin Unlimited $80 R/ $98 NR**

- **You must bring your card to each class**
- **$10 replacement fee for lost cards**
- **Classes may be cancelled due to continual low attendance. Classes with less than 3 people, 5min after the start time will not run for the day.**

**All classes 60 minutes unless otherwise noted**

**Class Location: ORSCC**

Register online at **www.redmond.gov/register** or by calling **425-556-2300**

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## Class Details

**30/30 Cardio and Strength:**
This high-energy class is a total body workout that incorporates hand held weights, resistance bands, body weight, different types of cardio, and more! The class will be taught in levels, whether you are a beginner or a serious athlete you will get a good workout

**Ball Class:**
Build core strength and body awareness in this hour long class designed to develop flexibility, stamina in every part of your body.

**Core Workout:**
Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back, and legs using a variety of equipment and techniques.

**Fit Factory:** Build yourself a better body! This 60-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, fun instruction and your choice of weight inspire you to get the results you came for – and fast!
The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

**Muscle Blast:** Strength training isn't just for the weight room. Muscle Blast is the ultimate class designed to strengthen and tone every muscle from head to toe using a variety of equipment including dumbbells, resistance bands, TRX, stability balls, and more. This class is fun, effective, and for all levels of fitness.

**Pilates Express:** Condition your body using unique stretching and strengthening exercises that tone muscles, improve posture, and promote flexibility. This class is open to all levels and is a great add-on before your cardio workout.

**Pilates Fusion:** This program integrates mind-body focus based on the principles of Pilates and fitness conditioning. There is a strong emphasis on core strength, balance and flexibility in a safe and effective environment. All fitness levels welcome.

**R.I.P.P.E.D.™** :Is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the R.I.P.P.E.D. workout ensures maximum results, with participants burning 750-1000 calories in a single 50-minute workout. By stimulating different energy systems and muscle groups in each segment, and mixing up the routine every few minutes, R.I.P.P.E.D. keeps your body guessing and improving, and keeps your mind engaged. R.I.P.P.E.D. is constantly challenging but never, ever boring

**Spin:**
Come take a ride on our LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where the instructor sets the terrain utilizing resistance and cadence for a challenging and motivational group fitness experience. Please bring a towel and water bottle.

**Step and Strength:**
Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels will be shown so you can work on your own level. Step is followed by a total body workout, core included, followed by relaxing stretches.

**Total Body Conditioning for Women:**
Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches.

**ZUMBA®:**
Zumba fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required