



PEARLAND  
Parks & Recreation

# Pearland Recreation Center & Natatorium

## Winter/Spring Group Exercise Schedule

Learn. Play. Grow.

### Monday

Time	Class	Instructor	Location
9:00-10:00am*	Yoga*	Sundance Yoga	Spin Room
10:00-11:00am	Zumba®	Annette	Activity Room
10:15-11:15am	Deep Water Aerobics	Denise	Competition Pool
11:00-12:00pm	Body Toning	Stephanie	Activity Room
4:30-5:30pm	Water Pilates	Susan	Activity Pool
5:30-6:30pm	Water Aerobics	Susan	Activity Pool
5:30-6:15pm	Group Cycle	Stephanie	Spin Room
6:15-7:00pm	Kickboxing	Stephanie	Spin Room
6:00-7:00pm	Zumba®	Diah	Activity Room
7:15-8:05pm**	Yoga**	Sundance Yoga	Spin Room

### Tuesday

8:15-9:15am	Zumba Gold®	Annette	Activity Room
9:30-10:30am	Zumba®	Renae	Activity Room
10:30-11:00am	AM Abs	Stephanie	Activity Room
11:00-12:00pm	Step Toning	Stephanie	Activity Room
4:15-5:15pm	Water Aerobics	Stephanie	Activity Pool
5:30-6:30pm*	Pilates*	Shellie	Spin Room
6:00-7:00pm	Zumba®	Lisa	Activity Room
7:00-8:00pm	Strength Training	Lydia	Activity Room

### Wednesday

8:00-8:45am	Senior Aerobics	Stephanie	Activity Room
8:00-8:45am	Aqua Zumba®	Renae	Activity Pool
9:00-10:00am*	Yoga*	Sundance Yoga	Spin Room
11:00-12:00pm	Body Toning	Stephanie	Activity Room
5:00-6:00pm	Water Aerobics	Susan	Activity Pool
5:30-6:30pm	Group Cycle	Stephanie	Spin Room
6:00-6:30pm	30 in 30	Julie	Activity Room
6:30-7:30pm	Step	Susan	Activity Room
7:30-8:30pm+	Zumba®+	Lily	Activity Room

### Thursday

8:00-8:45am	Senior Aerobics	Stephanie	Activity Room
9:30-10:30am	Zumba®	Renae	Activity Room
10:45-11:45am	Zumba Toning®	Renae	Activity Room
4:15-5:15pm	Water Aerobics	Stephanie	Activity Pool
5:30-6:30pm	Group Cycle	Stephanie	Spin Room
6:00-7:00pm	Strength Training	Lydia	Activity Room
7:00-8:00pm	Zumba®	Diah	Activity Room

### Friday

9:30-10:30am	Zumba Gold®	Renae	Activity Room
11:00-12:00pm	Body Toning	Stephanie	Activity Room
4:15-5:15pm	Step Toning	Stephanie	Activity Room
5:30-6:30pm	Group Cycle	Stephanie	Spin Room
6:30pm-7:30pm	Cardio Salsa	Lydia	Activity Room

### Saturday

8:15-9:15am	Strength Training	Lydia	Activity Room
9:30-10:30am	Zumba®	Renae	Activity Room

### Sunday

3:30-4:30pm	Zumba®	Annette	Activity Room
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\*Please bring your own mat to Pilates and Yoga classes.

+Kidz Korner will remain open for class participants.

(Schedule effective April 2, 2012)

## Group Exercise Guidelines

- Class instructors are subject to change without notice.
- Classes function on first-come, first-serve basis.
- Please arrive on time in order to ensure a proper warm-up.
- Must be 16 years of age or older to participate in all group exercise classes.
- Please be considerate to others and turn off your cell phone.
- Please let the instructor know if it is your first time taking the class.
- Please wear appropriate workout attire including tennis shoes for land classes.
- Please return the equipment to its place in the storage rooms.
- Please no food or gum. Beverages must be in non-breakable containers with caps.
- Pregnant, have prior injury or another medical condition? Please inform the instructor.

## Class Descriptions

**30 in 30:** Talk about a work out! It's got a little of everything crammed into this 30 minute program that is sure to keep your body pumping and your heart rate jumping.

**AM Abs:** Core, core and more core. Get ready to slim and trim that waistline in this 30 minute AB workout class.

**Aqua Zumba®:** a challenging , water based workout that's cardio conditioning, body toning and most of all, exhilarating beyond belief.

**Body Toning:** a total body strength training challenge promoting muscle endurance to get you toned.

**Cardio Salsa:** a cardio-dance workout that will work your heart and challenge your moves.

**Deep Water Aerobics:** Low impact exercise taken to the next level in the deeper water. Limited supply of aquajogger belts available.

**Group Cycle:** the resistance on a stationary bike will have your legs burning and heart pumping. This cardio class is as intense as you can make it. Let the instructor take you on the ride of your life.

**Pilates:** focusing on balance, strength, and body control, use your core muscles and breathing patterns to stabilize and tone your core, legs and arms. (Please bring your own mat)

**Senior Aerobics:** functional exercises for our active population of 60+. We will use light weights and equipment to improve strength, balance, and flexibility. (All ages welcome)

**Step:** patterns of cardio movements on a step bench will keep your mind moving right along with your body. This class will improve your heart health and coordination skills.

**Step Toning:** a fusion between the cardio in step class and body sculpting during toning class.

**Strength Training:** a total body workout using dumbbells and your own body weight. This class will help you target certain muscles, build definition, and feel more energized.

**Water Aerobics:** enjoy these non-impact exercises in the warm-up pool. Use equipment to make the water resistance higher.

**Water Pilates:** a combination of the resistance and fluidity of movement in the water with the core principles of Pilates

**Yoga:** hold poses with the correct body alignment to increase your strength, endurance, and overall well-being. Also focuses on flexibility with stretching. End the class with mental and physical relaxation. This class is for the mind, body, and soul. Please bring your own Yoga mat.

**Zumba®:** a Latin cardio-dance workout incorporating beats and rhythms. Put a smile on your face while getting fit.

**Zumba Gold®:** a Latin cardio-dance workout specifically for the beginners still looking for the fun and upbeat Zumba atmosphere.

**Zumba Toning®:** A combination of body-sculpting exercises and high-energy cardio workout with Latin infused Zumba moves.

\* Comment/Questions/Concerns contact Fitness Specialist, Jason O'Mara at 281.412.8919