

# FITNESS

at the Brea Community Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In compliance to Fire Code Regulations, all Group X Class participants must line up by the Front Counter prior to class start time.		6 am-7 am BodyPump Melissa		6 am-7 am BodyPump Eden		7 am-7:55 am Cycle Juana
8 am-8:55 am Cycle Karen	8 am-8:55 am Low Impact Ely 8 am-8:55 am *Zumba Maritza	8 am-8:55 am Low Impact Andrea	8 am-8:55 am Low Impact Christine	8 am-8:55 am Barre Andrea 8 am-8:55 am Low Impact Christine	8 am-8:55 am Pilates Judy	8 am-8:55 am BodyPump Herman
9 am-9:55 am BodyPump Karen	9 am-10 am BodyPump Christine	9 am-9:55 am *Zumba Renee 9:30 am-10:30 am SilverSneakers® Mike	9 am-9:55 am *Cardio Kick/ Boot Camp Pierre	9 am-9:55 am *Zumba Renee	9 am-9:55 am BodyPump Judy/Cema	9 am-9:55 am *Zumba Renee
10 am-10:55 am *Zumba Lando	10:30-11:30 am SilverSneakers® Judy	10 am-10:55 am Super Sculpt Tanya	10 am-10:55 am SilverSneakers® Christine	10 am-10:55 am Cycle Gilbert	10 am-10:55 am Yoga Linda	10 am-10:55 am Barre Andrea
11 am-12 pm Yoga Kris	12 pm-1 pm Yoga Dolly	11 am-11:55 am Cycle Gilbert 12 pm-1 pm Pilates Karen 1:15 pm-2:15 pm SilverSneakers® Team	11 am-11:55 am *Zumba Charu 12 pm-1 pm BodyPump Cema 1:15 pm-2:15 pm Joyful Movement Ely	11 am-11:55 am SilverSneakers® Circuit Letty/Ely 12 pm-1 pm Yoga Linda	11-11:30 am Cycle Express Andrea 11:30 - 11:55 Barre Express Andrea 12 pm-1 pm *Zumba Charu/Ashley 1:15 pm-2:15 pm SilverSneakers® Arlinda 2:30 pm -3:30 pm Tai Chi Arlinda	11 am-11:55 am Yoga Myra
	4:30 pm-5:15 pm Cycle Express Tanya	4:30 pm-5:25 pm *Zumba Julie	4:30 pm-5:25 pm Circuit Step Melissa	4:30 pm-5:25 pm Circuit Kayla	4:30 pm-5:25 pm BodyPump Melissa/Natasha	
	5:30 pm-6:25 pm BodyPump Circuit Eden	5:30 pm-6:25 pm BodyPump Herman	5:30 pm-6:25 pm Cycle Julie 5:30 pm-6:25 pm **Yoga Myra	5:30 pm-6:25 pm High Intensity Interval Training (HIIT) Kickboxing Jennifer	5:30 pm-6:25 pm Pound Natalia	
	6:30 pm-7:25 pm Cycle-Sculpt Julie	6:30 pm-7:25 pm *Cardio Kick/ Boot Camp Pierre	6:30 pm-7:25 pm Super Sculpt Jennifer	6:30 pm-7:25 pm *Zumba Julie	Instructors or classes subject to cancel or change at any time  *Ask front counter if your class requires a pass  **Classes held in Art Studio. Space is limited to 49 people per class. All classes are 55 minutes unless indicated. The City of Brea is not responsible for lost, stolen, or damaged articles left in the workout areas. Please use locker facilities.	
	7:30 pm-8:30 pm **Yoga Kris 7:30 pm-8:30 pm *Zumba Lando	7:30 pm-8:30 pm Barre Andrea	7:30 pm-8:30 pm *Zumba Lando	7:30 pm-8:30 pm Yoga Kris	Group Exercise Room closed to members during non-class times.	

# Group Fitness Class Descriptions

As of September 5, 2019

*Building a Community of Wellness*

**Barre** - Elements of Pilates, dance, yoga and functional training with moves choreographed to motivating music.

**Barre Express** - The perfect option to get a great burn in quickly and effectively.

**BodyPump/Les Mills** - The athletic based workout uses barbells with adjustable weights to work every major muscle group in the body. Designed for all ages and fitness levels.

**BodyPump Circuit** - Best of BodyPump and interval training.

**Cardio Kick/Boot Camp** - Cardio Kickboxing/Boot Camp is an intense workout combining martial arts, boxing, cardiovascular movements combined with Boot Camp training to give you the results you desire.

**Cycle** - "Let's ride"...Cycle your way to the ultimate fitness results as we simulate varied terrain and tackle rolling hills, sprints and other drills to give you the inspiration you've been looking for to achieve your personal goals. This class is for beginners as well as seasoned cyclists.

**Cycle Circuit/Sculpt** - Best of both worlds; cycle and strength training. This is an excellent cross-training class for all skill and fitness levels.

**Cycle Express** - Rev it up and burn some calories fast in this rapid cycle class.

**High Intensity Interval Training (HIIT) Kickboxing** - Intense interval training combined with explosive kickboxing moves, which deliver dramatic changes and rapid results.

**Joyful Movement** - A combination of Tai Chi and Yoga with easy to follow stretching that will increase your flexibility & balance, increase strength & body awareness, and rejuvenate the mind and body.

**Low Impact** - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow low impact workout!

**Pilates** - Transform the way your body looks, feels and performs with a Pilates class. Pilates improves flexibility, agility and economy of motion. It builds strength without excess bulk, creating a sleek and toned body.

**Pound** - Pound is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

**SilverSneakers®** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work SilverSneakers equipment is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**Step Circuit** - Combines simple, heart-pumping step routines with sculpt training intervals to give you a total body workout. This is an excellent cross-training class for all skill and fitness levels.

**Super Sculpt**- A total muscular body-toning workout utilizing a wide array of sculpting tools including bands, tubes, and free weights. This class is for all levels of fitness. Work hard and have fun.

**Tai Chi** - Participants will be led through slow, focused movements while bringing harmony to your breath, body, mind, and spirit.

**Yoga** - Strengthen and tone your body as you reduce stress, improve flexibility, and bring balance into your life.

**Zumba®** - Ditch the workout and join the party! Class features exotic rhythms set to high-energy Latin and international beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party!

Monday - Friday: 6:00 am - 10:00 pm  
Saturday - Sunday: 7:00 am - 4:30 pm



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