



Group Exercise, Court & Class Schedule

Winter 2019

(Updated 2/13/2019)



	Time	Class	Leader	Location	Intensity
Mondays	5:30-6:15am	Interval Mix	Paula	Gym B	High
	9:15-10:15am	Total Strength	Stacy	Gym B	Medium
	12-6pm	Open Gym Time		Gym A & B	
	6:30-8:30pm	Volleyball (<i>Gym Reserved</i>)		Gym A & B	
Tuesdays	5:30-6:15am	Muscle Sculpt	Angela	Gym B	Medium to High
	7-9am	Open Gym Time		Gym A & B	
	9:15-10:15am	Cardio/Stretch	Stacy	Gym B	Medium
	10:30-12:30pm	Pick Up Pickleball		Gym A & B	
	12:45-1:45pm	SilverSneakers Starts 2/26	Melissa	Gym B	Low to Medium
	2-9pm	Open Gym Time		Gym A & B	
	6-7pm	Yoga	Liz	Museum	Medium
Wednesdays	5:30-6:15am	Cycle Tabata Starts 2/20	Paula	Gym	High
	7-9am	Open Gym Time		Gym A & B	
	9:15-10:15am	Total Strength	Stacy	Gym B	Medium
	12-2:00pm	Pick Up Cornhole		Gym A & B	
	2-6pm	Open Gym Time		Gym A & B	
	6:30-8:30pm	Volleyball (<i>Gym Reserved</i>)		Gym A & B	
Thursdays	5:30-6:15am	Muscle Sculpt	Angela	Gym B	Medium to High
	6:45-9am	Open Gym Time		Gym A & B	
	9:15-10:15am	Cardio/Stretch	Stacy	Gym B	Medium
	10:30-12:30pm	Pick Up Pickleball		Gym A & B	
	1-6pm	Open Gym Time		Gym A & B	
	6:30-8:30pm	Volleyball (<i>Gym Reserved</i>)		Gym B	
Fridays	7:15-10am	Pick Up Pickleball		Gym A	
	8:00-8:30am	High Intensity Cycle Starts 2/22	Angela	Gym	High
	9:15-10:15am	Total Strength	Stacy	Gym B	Low to Medium
	10:30-11:30am	SilverSneakers Starts 3/1	Melissa	Gym B	Low to Medium
	12:30-7pm	Open Gym Time		Gym A & B	
Saturdays	8:15-9:15am	Step Aerobics/Muscle Sculpt <i>Alternates weekends</i>	Angela/Paula	Gym B	Medium to High
	9:30am-4pm	Open Gym Time		Gym A & B	
Sundays	1:30-3:30pm	Pick Up Pickleball		Gym A & B	
	4-6pm	Open Gym Time		Gym A & B	

Class Information and Description

(Not all classes below are in session)

Cardio/Stretch – Strengthen your heart and lungs with 30 minutes of cardio. Follow this with 30 minutes of stretching to increase your flexibility.

Interval Mix - Interval Mix Class consists of short intervals that will get your heart rate up and burn calories. This class will build cardio fitness while improving muscular strength and endurance utilizing a mixture of plyometrics, weights, jump rope, exercise balls, and more. The class wraps up with core work for a total body workout.

Muscle Sculpt-this high rep, low weight class will help to gain and tone long lean muscles. This class is for all ages and fitness levels. Taught in a group fitness setting, this class will use barbells and free weights with motivating music to get your heart rate up.

Open Gym Time – Come shoot some hoops with buddies or new friends. We suggest to call ahead for availability, 704-878-3103.

Pick Up Pickleball - Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis.^[2] Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.

Pick Up Cornhole - Cornhole is similar to horseshoes except you use wooden boxes called cornhole boards and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point.

SilverSneakers - Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is used for seated exercises or standing support. **Starts once equipment is delivered**

Step Aerobics - Using an exercise step, you will progress through choreographed routines that bring your heart rate up and get you sweating.

Cycle Tabata – Increase your aerobic and anaerobic capacities in this high intensity interval class. All out extreme intensity for 20 seconds, followed by 10 seconds of rest and done for multiple rounds.

Total Strength –Push past your current strength level by using various strength training methods. Every level of fitness is welcome as the class is modified to meet your needs.

Yoga - Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. We will provide equipment once delivered.

Zumba - Zumba is a fitness program that combines Latin and international music with dance moves.

****ALL CURRENT GROUP EXERCISE CLASSES ARE FOR AGES 18 AND UP****

Iredell County Recreation Center

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