



Iredell County Parks and Recreation's  
 Mission: To provide exceptional recreational  
 opportunities and premier facilities to  
 enhance quality of life in Iredell County.

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# Iredell County Recreation Center

122 Grannis Lane  
 Statesville, NC 28677  
 704-878-3103

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[www.iredellparksandrec.com](http://www.iredellparksandrec.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30-6:15am</b> <b>Step Aerobics/Circuit</b> Paula Gym B High Intensity	<b>5:30-6:15am</b> <b>Muscle Sculpt</b> Clair Gym B Medium to High	<b>5:30-6:15am</b> <b>Cycle Tabata</b> Paula Gym High Intensity	<b>5:30-6:15am</b> <b>Muscle Sculpt</b> Clair Gym B Medium to High	<b>7:15-10am</b> <b>Pick Up Pickleball</b> Gym A	<b>8-8:45am Muscle Sculpt</b> Angela/Clair Gym B Medium to High	<b>1:30-3:30pm</b> <b>Pick Up Pickleball</b> Gym A & B
<b>8:30-9:30am</b> <b>Total Strength</b> Katie Gym B Medium Intensity	<b>7-8:30am Open Gym Time</b> Gym A & B	<b>7-8:30am Open Gym Time</b> Gym A & B	<b>8:30-9:30am Cardio/Stretch</b> Katie Gym B Medium Intensity	<b>8:30-9:30am Total Strength</b> Katie Gym B Low to Medium	<b>9-10am Vinyasa Yoga</b> Kelly Museum Medium Intensity	<b>4-6pm Open Gym Time</b> Gym A & B
<b>10:00-11:00am SilverSneakers</b> Kim Gym A & B Low Intensity	<b>8:30-9:30am Cardio/Stretch</b> Katie Gym B Medium Intensity	<b>8:30-9:30am Total Strength</b> Katie Gym B Medium Intensity	<b>9:45-11:45am Intro to Pickleball</b> Gym A Must sign up	<b>9:45am-10:45am Stroller Strides</b> Outside/Gym Court Medium Intensity	<b>9:30am-4pm Open Gym Time</b> Gym A & B	
<b>6:30-7:30pm Boot Camp</b> Kasey Outside/Gym B High Intensity	<b>9:45am-12:30pm Pick Up Pickleball</b> Gym A & B	<b>10:00-11:00am SilverSneakers</b> Kim Gym A & B Low Intensity	<b>9:45am-10:45am Stroller Strides</b> Outside/Court B during poor weather Medium Intensity	<b>12:30-7pm Open Gym Time</b> Gym A & B		
<b>2-9pm Open Gym Time</b> ** Gym A & B	<b>2-9pm Open Gym Time</b> Gym A & B	<b>12-6pm Open Gym Time</b> Gym A & B	<b>4:30-5:30pm Yoga</b> Joanna Functional Training Room	<h2>Group Exercise and Gym Court Schedule</h2>		
			<b>6:30-7:30pm Boot Camp</b> Kasey Outside/Functional Room High Intensity			

## **Class Information and Description**

**(All classes below may not be in session)**

**Boot Camp** – This intense class works on improving your strength and endurance. Meets outdoors when weather is good and on the court when weather is poor.

**Cardio/Stretch** – Strengthen your heart and lungs while increasing your flexibility during this class that blends the two.

**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.

**Intro to Pickleball** – Have you heard of pickleball but not sure how to get started? We are here for you! **Registration required.** Minimum 2 participants to hold the class.

**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. 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.

**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.

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

**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.

**Stroller Strides**—Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically.

**Membership to Rec Center not required. Participation fees due to group.**

**Vinyasa Yoga** – Creating a fun upbeat class that takes you out of the box and challenges your preconceived limitations. Students will build strength flexibility and balance while cultivating a joy in their practice that they can take with them off the mat and into other aspects of their life.

**Yoga** - Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. **\*\*Thursday's Yoga is limited to 10 participants, based on a first come basis\*\***

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

**\*\*Call ahead for open court availability 704-878-3103\*\***

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