


**September 2021**  
**GROUP FITNESS**  
**SCHEDULE**



AJ Parks & Rec.

**MULTI-GENERATIONAL**  
**CENTER**

	<p><b>Follow us on Social Media!</b></p>  @ajparksandrec  Apache Junction Parks and Rec  @AJParksandRec	<p><b>1.</b> 6:00am Ball, Band, Land- GYM/ Patio 7:00am ZUMBA®- ADS 9:00am Chair Yoga- ADS 10:30am Yoga Flow- ADS  4:30pm Total Body Conditioning- GYM/Patio 5:30pm ZUMBA®- GYM 5:40pm Core Focus- ADS/Patio</p>	<p><b>2.</b> 6:00am Tabata- GYM/ Patio 7:00am ZUMBA®- GYM 7:00am Yogalates- ADS 8:00am Pilates Plus- ADS 9:00am Yin Plus- ADS 10:15am – SilverSneakers Classic – GYM  4:30pm STRONG®- GYM 6:00pm- Gentle Therapeutic Yoga- 117 6:30pm Tai Chi- ADS</p>	<p><b>3.</b> 7:00am ZUMBA®- GYM 7:00am Rewind Yoga- 117 8:15am ZUMBA®- GYM 8:15am Intro to Yoga- 117 9:30am Pilates- ADS 10:45am Chair Yoga- 117  5:30pm ZUMBA®- ADS</p>	<p><b>4.</b> 7:30am HITT45- GYM/Patio 9:30am ZUMBA®- GYM</p>
<p><b>Labor Day Hours</b> <b>7AM-3PM</b></p>	<p><b>6.</b> 7:00am ZUMBA®- GYM 9:00am Chair Yoga- ADS 10:30am Yoga Flow- ADS</p> <p><b>7.</b> 6:00am Tabata- GYM/ Patio 7:00am ZUMBA®- GYM 7:00am Yogalates- ADS 8:00am Pilates Plus- ADS 9:00am Yin Plus- ADS  6:30pm Tai Chi- ADS</p>	<p><b>8.</b> 6:00am Ball, Band, Land- GYM/ Patio 7:00am ZUMBA®- ADS 9:00am Chair Yoga- ADS 10:30am Yoga Flow- ADS  4:30pm Total Body Conditioning- GYM/Patio 5:30pm ZUMBA®- GYM 5:40pm Core Focus- ADS/Patio</p>	<p><b>9.</b> 6:00am Tabata- GYM/ Patio 7:00am ZUMBA®- GYM 7:00am Yogalates- ADS 8:00am Pilates Plus- ADS 9:00am Yin Plus- ADS 10:15am – SilverSneakers Classic – GYM  4:30pm STRONG®- GYM 6:00pm- Gentle Therapeutic Yoga- 117 6:30pm Tai Chi- ADS</p>	<p><b>10.</b> 7:00am ZUMBA®- GYM 7:00am Rewind Yoga- 117 8:15am ZUMBA®- GYM 8:15am Intro to Yoga- 117 9:30am Pilates- ADS 10:45am Chair Yoga- 117  5:30pm ZUMBA®- ADS</p>	<p><b>11.</b> 7:30am HITT45- GYM/Patio 9:30am ZUMBA®- GYM</p>
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*Schedule is subject to change without notice.*

**\*RESERVATIONS ARE HIGHLY RECOMMENDED to attend a group fitness class. Members can reserve by phone or in person up to 48 hours in advance. Drop-ins will be taken day-of if space is available. Please wear mask when 6' distancing cannot be attained.**

The MGC offers a variety of group fitness classes designed for participants 14 and older. Children 11-13 years wishing to attend a fitness class must be accompanied by a participating adult; please speak with the instructor prior to the start of class.

The City of Apache Junction welcomes participation by people with disabilities in all programs, sites, and facilities. For more information about accessibility contact us at 480-474-5240 or [ajpr@apachejunctionaz.gov](mailto:ajpr@apachejunctionaz.gov)

### **Mind & Body Conditioning**

It is recommended that you bring your own yoga mat for sanitary purposes.

Out of respect to the instructor and other students, you will not be allowed to enter class after it has started.

**Chair Yoga:** Move through seated and standing yoga poses designed to increase flexibility, balance, range of movement and strength. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

**Gentle Therapeutic Yoga:** All Levels. Gentle postures for healing the body, mind and spirit. Therapeutic Yoga alleviates chronic pain, reduces stress and promotes relaxation.

**Hatha Yoga:** Attempts to balance mind and body via physical exercises, or "asanas", by controlled breathing, and the calming of the mind through relaxation and meditation.

**Intro to Yoga:** Beginner-Intermediate. If you are new to yoga or have special needs this class is a great place to start. It combines breathing, flexibility, strength, and balance while moving at a slow pace.

**Pilates:** All levels. This class aims to improve flexibility and stability by strengthening the muscles, especially those engaged in torso-stabilization, of the abdomen and lower back.

**Pilates Plus:** Increase your body awareness and improve your posture with exercises that focus on your abdominals and back, plan to use your whole body and mind. Includes core strengthening and toning using dumbbells resistance bands and more.

**Rewind Yoga:** Dedicated to improving the health & wellbeing of boomers & seniors through a yoga series designed to promote graceful aging.

**Tai Chi:** Fun flexible training program geared toward building energy and health. Includes regulating 5 important elements: body, breathing, mind, the Chi and the Spirit.

**Yin Plus:** Take Yin Yoga to the next level with the use of straps and blocks while incorporating balancing poses.

**Yin Yoga:** Postures that gently stretch & rehabilitate the connective tissues that form our joints. Yin Yoga is a great hip-opener as poses are held for 3-5 minutes. Most poses are done on the floor.

**Yoga for Relaxation:** All levels. Have difficulty unwinding after a full day of work or play? Experience gentle movement, breath awareness, Yoga Nidra and mindfulness to help you relax and enjoy a good night sleep ahead.

**Yoga Flow:** All levels. We will flow through a variety of postures slowly and with focus to clear the mind. Everything is optional, and variations will be presented.

**Yogalates:** Beginner-Intermediate. This class combines breathing, flexibility and balance of traditional Yoga with core strengthening and toning exercises done in our Pilates class.

### **Cardiovascular and Muscular Strengthening & Conditioning**

**Ball, Band & Land:** This class will challenge all of your major muscles using the stability, BOSU® and medicine balls. You will also use hand weights, exercise bands and play short cardio games to promote endurance.

**Core Focus:** Be challenged developing your core strength using medicine balls, Kettle bells, stability balls, BOSU balls and more. With variety built into the weekly format, you will feel the burn and be glad the class is only 40 minutes long!

**HIIT 45:** This high-intensity interval training class is just 45 minutes using various equipment and your own body weight. Bursts of high-intensity cardio and strength exercises interspersed with brief periods of recovery. Tone and strengthen as you sweat with scalable, full-body exercises that will test you and help you exceed your own expectations. Experience a new workout each day with our variety of instructors.

**SilverSneakers® Classic:** Increase muscular strength, range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Stability Ball: Core & Balance:** A fun-filled, motivational class using the stability ball. Designed for anyone wanting to improve balance, posture, core strength, as well as toning upper and lower body muscle groups. All ages and abilities welcome. Balls provided, please bring your own yoga mat.

**STRONG by ZUMBA®:** A HIIT class by Zumba that combines body weight, muscle conditioning, cardio and plyometric training moves that are synced to Zumba music. The music is designed to match every move.

**Tabata:** A form of high intensity interval training using a variety of exercises and resistance methods that offers more health benefits than traditional cardiovascular exercise. It's short, intense, efficient and effective.

**Total Body Conditioning:** Work every large muscle group in this challenging one hour, two day a week class. Consistently participating will give you amazing results including toning, endurance, and cardiovascular strength. No two workouts are alike, so enjoy variety as you make this class a part of your weekly routine.

**ZUMBA®:** This world-famous class is a Latin-based high cardio, low impact workout that includes Salsa, Merengue & Cumbia.

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