

HATHA YOGA	M, W, F	10:00am-11:00am	Hatha Yoga incorporates stretches, yoga postures, sun salutations, breathing exercises, meditation, and relaxation. Excellent for managing stress, improving flexibility, balance and strength. A great addition for any exercise you may currently be doing or are about to start. Bring your own sticky mat or blanket. Instructor Ann Craig
ZUMBA	Sat. M, W M, W	9:00am-10:00am 9:00am-10:00am 6:00pm-7:00pm	instructor Joanna Garris instructor Mel Rush instructor Joanna Garris Zumba is a Latin inspired ,dance fitness class that incorporates Latin international music and dance movements. Zumba incorporates some of the basic principals of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body training. Instructors Joanna Garris, Mel Rush
CARDIO TONING & STRETCH	M, W, F	9:00am-10:00am	This class uses the exercise ball to help with posture while improving cardio and muscle strength. Instructor Ann Craig
YOGA	T, T	7:30am-8:30am	Yoga is a method of improving oneself in mind, body, and spirit through flexibility and strength. Bring own mat or blanket. Instructor Ann Craig
STOTT PILATES	Mon. & Wed.	9:00am-10:00am (MPR2)	A mat class designated for all levels. Concentrating on core strength, Stott Pilates requires no special equipment other than the willingness to work. Instructor Vicki Potter
MAT PILATES	TUES FRI	8:30am-9:30am 8:00am-9:00am	10:30am-11:30am, THURS 8:30am-9:30am 10:30am-11:30am Bring your own mat and prepare to work core muscles and develop long lean muscles. If you have always wondered about what Pilates is come and learn. If you desire to progress and be challenged, then this is the class for you. Bring your own sticky mat or towel. Instructor Bonnie Laborde 10:30-11:30, Carol McCracken 8:30-9:30, 8-9
POWER PUMP	Tues. & Thurs.	9:30-10:30am	Power Pump is a strength training class for men and women. Power Pump promotes the usage of low weights and high repetition and is appropriate for beginning and advanced exercisers. We train upper body, abs and lower body, and we begin with a stretching routine. Instructors Lisa Burchfield Tues. 9:30-10:30am, Rebecca Wilson Thurs. 9:30AM-10:30am
Boot Camp	Mon. & Wed. Tues. & Thurs	5:45p-6:45p 11:45a-12:45p	“Danny’s” Boot Camp is a mixture of weight training, cardio, Karate, isometric and core training. This class is for beginners and advanced. You work at your own pace. Also it’s fun and good for ya!! Instructor; Danny Williams (Personal Trainer) (251) 747-7773
TAEKWONDO	Foley TaeKwonDo		Please call Courtney 971-8333, for more information

CLASS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE
PLEASE NOTE THAT , EXCLUDING TAEKWONDO ALL CLASSES COST \$5 YOU MAY BUY A CARD THAT CAN BE USED FOR FITNESS CLASSES. 15 CLASSES AT A COST OF \$50. SOME CLASSES NOT INCLUDED IN CLASS CARD. CLASSES ARE ON A FIRST COME, FIRST SERVED BASIS. YOU PAY FOR CLASSES AT FRONT DESK AND YOU MUST SIGN IN BEFORE EACH CLASS AT FRONT DESK.

Fitness Class Pass (unlimited classes at Recreation Center only) with paid membership \$150.00 Per Person Per Year ***Some classes not Included***