



Draper Recreation Center Group Fitness Schedule Winter 2024

Classes are subject to change without notice!!

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|---|
| 6:00 AM | Stages/Cycling <i>Sandee M</i> | Stages/Cycling <i>Sandee M</i> | Stages/Cycling <i>Charity P</i> | Stages/Cycling <i>Sandee M</i> | Stages/Cycling <i>Charity P</i> | |
| 7:00 AM | | | | | Surge Strength <i>Michelle O</i> | Stages/Cycling <i>Charity P</i> |
| 8:00 AM | Cycle Fusion <i>Val J</i> | Strength Training <i>Wendy H</i> | Barre <i>Michelle O</i> | Strength Training <i>Wendy H</i> | | Strength Training <i>Aapree R</i> |
| 9:00 AM | Restorative Yoga <i>Val J</i> | High Low <i>Courtne C</i> | Yoga Flow <i>Val J</i> | Barre <i>Stacie A</i> | High Low <i>Lisa G</i> | Zumba <i>Angela O/Eva J</i> |
| 10:00 AM | Barre <i>Michelle O</i> | Yoga <i>Stef W</i> | Kickbox Strength <i>Aapree R</i> | High Low <i>Stacie A</i> | Yoga <i>Heather J</i> | Yoga Fusion Flow <i>Stef W</i> |
| 11:00 AM | | | | Yoga <i>Regan S</i> | | |
| Noon | | | | | STAGES CYCLING | |
| 3:00 PM | | | | | <ol style="list-style-type: none"> 1. Download the Stages Studio+ App. 2. Click on "Register". 3. Enter in your information. 4. Check your email to verify your email address. 5. Close the app and re-open. 6. Add your location "Draper" to your account. 7. Click "back" to enter the home page. 8. Tap on your initial icon in the top left corner, then the settings wheel to personalize your settings. 9. To book a bike at your location, tap the "In Studio" option on the home page to view your schedule. | |
| 4:00 PM | | | | | FITNESS 101 | |
| 5:00 PM | | | | | <p>Every 1st Wednesday of the month New to the facility? New to working out? Join us for an orientation that will introduce you to the machines and fitness area. FREE for members! Register at the front desk.</p> | |
| 6:00 PM | Stages/Cycling <i>Charity P</i> | | Stages/Cycling <i>Charity P</i> | | | |
| 7:00 PM | Yoga <i>Tara Lynn T</i> | | Restorative Yoga (7:15pm) <i>Stef W</i> | Power Yoga (7:30pm) <i>Crystal P</i> | | |
| 8:00 PM | High Low <i>Lisa G</i> | | | | | |
| Holiday Hours | | 14/15 Year Old Certification | | | Personal Training | |
| Check with the front desk or online for our holiday hours. | | Every 2nd Saturday of the month. 14/15 year olds are required to take this 1 hour certification in order to work out at the facility. This class is FREE! Check with the front desk to register. | | | Get in shape fast with personal help from a certified personal trainer. Prices and workout plans vary, the see front desk for more information. | |

- **Barre** – This class is a workout that blends elements from different exercise styles including ballet, Pilates, and yoga. These formats deliver an effective total body workout.
- **Barre Fitness** - A hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Barre fitness is great for building long, lean muscles.
- **Cycle Fusion** – This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Will teach the intervals of cycling and include strength training OFF the bike. No clip-in shoes!
- **High Low** - A throwback to the old school days of Hi Lo Aerobics, HIGH Low brings the same energy, intensity, and effectiveness of a HIGH Fitness class with lower impact.
- **Kickboxing Strength** - Cardio & Strength training combine in this fun fast paced class. Get your cardio in with a variety of **non-impact** kickboxing techniques from fun choreographed routines. Then we'll shift to strength training intervals using dumbbells, bands, & bars. Burn calories & build muscle all in one complete full body workout!
- **Stages Cycling** – A dynamic multimedia fitness experience that enables indoor cyclists to set goals and track performance. Classes require a bike reservation ahead of class time. See instructions on the “Class Schedule” to create an account and reserve a bike for your class time.
- **Strength Training** - A strength training class that focuses on building, strengthening, and toning muscles. Proper form and correct muscle use is taught in each class. A variety of equipment will be used in a variety of training formats. This class will help you shed fat, burn calories, and strengthen your body. Whether you're new to strength training or are a weightlifting pro, all levels are welcome.
- **Surge Strength** – is a high-rep, targeted, ALL weight training workout - set to music you know and love! Muscle focused, strength training tracks, using dumbbells, strengthen, shape, and tone every muscle in your body for a fun and powerful full body workout that will leave you feeling lean and strong!
- **Yoga** - Thrive in life by nurturing body, mind, and soul with yoga! Weaving spiritual teachings, pranayama, asana and laughter, the class will have you step off the mat feeling balanced in all aspects of your life.
- **Yoga-Flow** - A continuous flow of yoga poses that increase strength, flexibility and balance while focusing on syncing the breath with movement which will calm the mind and reduce stress.
- **Yoga-Power** - this yoga class starts off by syncing one breath to one movement to bring heat into the body and ends with longer holds of each pose to lengthen the muscles. This class is sure to raise your heart rate and clear your mind. Modifications are offered to make it easier or more challenging based on personal preference.
- **Yoga-Restorative** - A gentle yoga involving long holds in restful poses to improve stiff muscles and joints and promote relaxation.
- **Zumba** - Zumba combines Latin and International music with a fun and effective workout system. Classes move between high and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.