



Where Family, Fun & Fitness Come Together

I=INTENSITY RATING:

Instructors have rated the average intensity of their class(es). However, they will provide options to both increase & decrease the intensity. We encourage you to work at a level that fits you! 1 is low, 5 is HIGH.

Classes may be cancelled due to low participation * Classes are approx. 50-55 mins. OR Express is 30 mins.

Class Descriptions

Active Older Adult/Beginner Cardio+Strength: If you need a bit of a slower pace but still want a challenge, join Jane for this diverse class. We will do some cardio & strength to provide a full body work-out. All are welcome as modifications will be shown throughout so you can slow it down or speed it up to fit your needs! (I=2)

Cycle / (Express)- Cycle is a variety of fast paced low impact rides using fun music and positive reinforcement. (I=4).

Cycle /Core Strength- The combination of cycle with strength training or core exercises provides you with a total body work-out in one shot! (I=4)

HITT Cycling -30 minutes of High Intensity Interval Training on the bike. This class will not only help you burn calories and fat in a short amount of time, but it will also make you stronger!

Muscle Burn – From beginners to seniors to regular lifters, everyone is welcome. From your own resistance to using weights, this class will get you comfortable with weight & strength training. (I=3)

Pilates - Core strengthening and stretching exercises provide an intense workout using mat, body weight, light hand weights and Pilates balls. (I=3)

PILOXING –A non-stop, cardio fusion of standing Pilates, Boxing and dance that will push you past your limits. (I=4)

Senior Fitness - Combine fun with fitness to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights is alternated with low impact aerobic and leg strengthening exercises. A chair is offered for support. Alternating every Thursday, we will offer Senior/Chair Yoga as part of our Senior Fitness Class. (I=2)

Step Aerobics-Utilizing a raiser (or not) or no step, this is a great cardio work-out that you can adjust to your abilities. (I=3)

Yoga - Yoga does involve stretching, but it is really about creating balance in the body through developing both strength and flexibility. (I=3)

Zumba - Interval training sessions where fast and slow rhythms and resistance training combine to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba. (I=4)

CENTER GUIDELINES: Youth must be 12 to work out on fitness equipment and 15 to enter on their own (or be accompanied by someone 15 years+). Please ask about our Youth Club for more options for those ages 12-14.

Cold Springs Family Center

18400 Village Parkway Reno, NV 89508

775-657-6388

www.coldspringsfamilycenter.com

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Center Hours: Monday-Friday 5am-9pm, Saturday & Sunday 8am-4pm

Child Watch Hours: Monday-Friday 9:00am-12:30pm & 4pm-8pm

Saturday 9:00am-12:30pm