

I=INTENSITY RATING:

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

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

Class Descriptions

Booty Burn + Bike -Start with 30 minutes of a glute focused workout using bands, sliders, dumbbells and more. We will focus on slow controlled movements to really feel the burn! After your legs are on fire we will hop on the bike and keep the burn going! This class is good for all levels as modifications can be made. (I=3)

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

Cycle & Core – 40 minutes of cycling, followed by 20 minutes of deep core utilizing arm & leg strength (I=4)

Fit Camp – This class is for beginners to advanced. We will be doing resistance training incorporating weights, bands, and body weight, mixed with cardio intervals. (I=4)

Full Body Work-Out (strength & Cardio) - (I-3) A functional fitness strength & cardio class that combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and increase overall strength. This class can be modified to fit all fitness/skill levels.

Line Dancing – “Has become my new movement passion! I have many years teaching experience in other areas as well as a physical education degree. Come join me in LINE DANCING! You will learn basic steps, combinations, and simple line dances. We will review steps and dances each week as we learn them. Let’s build our own Line dance community right here in Cold Springs!” -Merry Catron (Volunteer Instructor)

Mat & Body Work-Out -Join Jane for this class that concentrates on the core strength with emphasis on strengthening muscles and balance. We encourage you to bring your own mat! (I=3)

Muscle Burn- Angela will put your strength to the test working all kinds of muscles through various activities. I=4

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)

Pickleball: We play “pick-up” Pickleball throughout the week for some fun, fellowship, and exercise. We ask that to join this group, you have knowledge of the game and the rules of the game. A brief meeting with our Pickleball coordinator, Jane, is required! Don’t shy away if you have never played, we will get you set up to start! (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 aerobics and leg strengthening exercises. There are options for inside and outside classes. (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: We encourage you to please bring your own mat! (I=3) **Yin Yoga** is a slower paced, more meditative version of yoga. It is a gentle and introspective form of yoga that empathizes passive and long-held poses. In Yin Yoga, the poses are held for a long period of time, typically 3-5 minutes or longer, to target the connective tissues such as the ligaments, rather than focusing on the muscles. **Vinyasa flow yoga** is a style of yoga that involves moving from one posture to another, using breath, in a fluid and gentle sequence. It is also called “flow yoga” or “power yoga”. It offers variety and flexibility in the poses and transitions. It aims to create a connection between the breath and the movement, and to calm the mind and relax the nerves.

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-8pm, Saturday 8am-4pm, Sunday 8am-12pm

Child Watch Hours: Mornings: M-F 9am-12:30pm; SAT 9am-12pm Evenings: M – F, 4pm-7pm