

### **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.

### **Class Descriptions**

**Body, Band, Burn:** Join Shelby to tone and do muscle development through the use of resistance bands and your own body. All levels of fitness are welcome. (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 and Cardio):** 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. (I=3)

**Line Dancing:** "Has become my new movement passion! I have many years of 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) (I=2)

**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)

**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 the knowledge of the game and 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)

**Strength, Cycle, and Pilates Fusion:** This dynamic class combines three effective formats for a full-body workout. Start with 15 min of targeted strength training to build and strengthen muscle, followed by 15 min of energizing cycling to boost cardio endurance, and finish with 15 min of mat Pilates to strengthen your core and improve flexibility. Leave feeling strong, balanced and refreshed. (I=4)

**Yoga:** We encourage you to please bring your own mat! Yoga does involve stretching, but it is 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](http://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**