

DECEMBER 2020 FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:05 AM INDOOR CYCLING <i>North Room</i></p> <p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM ZUMBA <i>South Room</i></p> <p>5:30 PM TOTAL BODY Strength & Condition- ing <i>North Room</i></p>	<p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM ZUMBA <i>South Room</i></p> <p>12:00 PM YOGA SCULPT <i>South Room</i></p> <p>5:30 PM INDOOR CYCLING <i>North Room</i></p> <p>5:30 PM JAZZERCISE <i>Ranch View Room</i></p> <p>5:30 PM ZUMBA <i>South Room</i></p>	<p>6:05 AM (starting 8/10) INDOOR CYCLING <i>North Room</i></p> <p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM CARDIO CORE MASH UP <i>South Room</i></p> <p>10:00 AM TOTAL BODY SCULPT <i>South Room</i></p> <p>5:30 PM KETTLEBELL <i>South Room</i></p> <p>6:00 PM ZUMBA</p>	<p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM ZUMBA <i>South Room</i></p> <p>12:00 PM YOGA SCULPT <i>South Room</i></p> <p>5:30 PM INDOOR CYCLING <i>North Room</i></p> <p>5:30 PM JAZZERCISE <i>Ranch View Room</i></p> <p>5:30 PM ZUMBA <i>South Room</i></p>	<p>6:05 AM (starting 8/10) INDOOR CYCLING <i>North Room</i></p> <p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM ZUMBA TONING <i>South Room</i></p> <p>5:30PM KETTLEBELL <i>South Room</i></p> <p>*Classes that are in Grey are on HOLD until further notice.</p>	<p>9:00 AM JAZZERCISE <i>Ranch View Room</i></p> <p>9:00 AM ZUMBA <i>South Room</i></p> <p>10:30 AM YOGA <i>Ranch View Room</i></p>

DOUGLAS COUNTY COMMUNITY CENTER

1329 Waterloo Lane, Gardnerville, NV. 89410 775-782-5500

WINTER 2020 FITNESS CLASSES

Please note: All Monthly Pass and Punch Card options expire at the end of the designated month (ex. January punch card expires Jan 31st).



INDOOR CYCLING

Join a choreographed ride to music consisting primarily of intervals to increase cardio & physical fitness.

Ages 18+ Instructor: Lisa Wright
\$5 drop-in fee or \$50 monthly pass



KETTLEBELL

This class will give you a full body workout while strengthening your core, increasing strength, stability, balance as well as some cardio. Bring a yoga mat.

Ages 13+ Instructor: Lisa Wright
\$5 drop-in fee



YOGA

Yoga: Restore flow to increase strength, flexibility & balance in this yoga class for all abilities. Focus on relieving stress & tension in our bodies from our busy lifestyles. Classic relaxation music accompanies class to unplug and unwind.

Yoga Sculpt: Fuse Flexibility and Strength. This classic yoga class is paired with kettlebell and dumbbell exercises to create compound movements for total body tone. Wear tennis shoes.

Bring a yoga mat.
Ages 18+ Instructor: Jill Hartman
\$5 drop-in fee or \$40/ monthly unlimited



Zumba is a cardio-dance workout that is set to high energy beats in a non-intimidating, non-judgmental fitness party atmosphere.

Zumba Toning is a body sculpting class which uses toning sticks for a calorie torching dance fitness party that focuses on working every muscle group.

Ages 13+

Instructors:

AM classes- Anita Whiteley

PM classes- Lyn Twitchell

**\$5 drop-in, \$20/5 class punch card
or \$40/month**



Jazzercise is a pulse-pounding, beat pumping fitness program that get's you results fast. It's a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn.

Ages 13+ Instructor: Helen Bartsch
Call Helen to register (775) 690-9998
Or \$15 drop-in fee, pay to instructor



TOTAL BODY SCULPT (PiYo)

Improve balance. Flexibility and mobility while strengthening muscles with an emphasis on the core. This low impact, high energy class combines yoga, Pilates, barre, ballet and even martial arts.

Ages 18+ Instructor: Tessa LoPresto
\$6 drop-in fee or \$20 monthly



TOTAL BODY STRENGTH & CONDITIONING (P90X)

A 60-minute full body, strength-training group fitness class featuring four unique blocks of work: upper body, lower body, core and cardio using bodyweight and dumbbells.

Ages 18+ Instructor: Tessa LoPresto
\$6 drop-in fee or \$20 monthly



CARDIO ROUND UP

Monday Night cardio part with a mix of easy -to-learn dance moves designed to improve cardiovascular fitness and burn calories. No equipment or dance skills necessary.

Ages 18+ Instructor: Tessa LoPresto
\$56drop-in fee or \$20 monthly