

Aerobics



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|------------------------|---------------------------------|
| 1 | 2 New Year Holiday CLOSED | 3 8:15 am Core 5:30 pm Circuit Aerobics 6:45 pm Zumba | 4 8:05 am Zumba 9:15 am MSROM | 5 8:15 am Aerobics, Abs, Buns 5:30 pm Circuit Aerobics 5:30 pm Indoor Cycling 6:45 pm Zumba | 6 9:15 am MSROM | 7 9:30 am Indoor Cycling |
| 8 | 9 8:05 am Zumba 9:15 am MSROM 5:30 pm Aerobics, Abs, Buns 5:30 pm Indoor Cycling 6:45 pm Body Sculpting | 10 8:15 am Core 5:30 pm Circuit Aerobics 6:45 pm Zumba | 11 8:05 am Zumba 9:15 am MSROM | 12 8:15 am Aerobics, Abs, Buns 5:30 pm Circuit Aerobics 5:30 pm Indoor Cycling 6:45 pm Zumba | 13 9:15 am MSROM | 14 |
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| <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>McMinnville Parks and Recreation 500 Garfield Street McMinnville, TN 37110 PHONE: 931-473-1212 FAX: 931-473-1214 WEBSITE: www.mcminnvilletenn.com</p> </div> | | | | | | |

Aerobics Class Rules & Safety Policies

1. Our first concern is your safety. Please understand this when an instructor corrects your form or asks you to try an alternative exercise. You are working out at your own risk.
2. If you choose to alter foot patterns demonstrated by the instructor, please move to the back row to avoid confusing those working out behind you.
3. Children are not allowed to walk the class while class is in session and are discouraged from interrupting the class.
4. The minimum age for participating in an aerobics class is 13 years of age. Indoor Cycling classes have minimum age of 13 years and they must be at least 5 feet in height.
5. For your safety and other members, please try to be on time for classes and position yourself with consideration of others line of sight and range of movement.
6. No food or drinks are allowed in the aerobics classes. Ice water in covered bottles or cups may be brought in. You are encouraged to drink water during your workout!
7. Proper exercise shoes must be worn in all classes. If the instructor does not feel you have safe shoes for exercising, you will not be allowed to workout.
8. Do not talk continuously to your friends. This is very distracting to others behind you and to the instructor. You can easily get hurt on a STEP if you do not pay attention to your moves.

THANKS.

CIRCUIT AEROBICS

HIGH INTENSITY CLASS WITH QUICK RESULTS.
MUSCLE STRENGTHENING AND TONING.
EXCELLENT CARDIOVASCULAR WORKOUT.
GOOD FOR BOTH BEGINNER AND EXPERT
STEPPER. CLASSES DESIGNED TO GO AT YOUR
OWN PACE.

Instructors:

Jileen McGregor and Melody Zahn

INDOOR CYCLING

WOULD YOU LIKE TO PEDAL YOUR WAY TO A
HEALTHIER LIFE? IF SO, THEN A CYCLING CLASS
MIGHT BE RIGHT FOR YOU. COMBINE
ENERGIZING MUSIC WITH UNIQUE WORKOUT
CLASSES AND YOU GET A GREAT FITNESS
WORKOUT WITH POWERFUL RESULTS.
CYCLING EXERCISE CLASSES CAN STRENGTHEN
YOUR HEART AND LUNGS, BURN CALORIES,
LOWER TOTAL CHOLESTEROL, AND DECREASE
STRESS. GO AHEAD AND GET YOUR HEART
PUMPING!

Instructors:

Kristie Sanders and Melody Zahn

BODY SCULPTING

TARGETS ALL MUSCLE GROUPS. RESULTS ARE
EXCELLENT MUSCLE TONING. GREAT FOR ALL
LEVELS. WEIGHTS ARE USED. SOME
CARDIOVASCULAR WORKOUT.

1-10 LB. WEIGHTS ARE AVAILABLE FOR USE.

Instructors:

Jileen McGregor

ZUMBA®

ARE YOU READY TO PARTY YOURSELF TO
SHAPE? THAT'S EXACTLY WHAT THE ZUMBA
PROGRAM IS ALL ABOUT. ITS AN
EXHILIRATING, EFFECTIVE, EASY TO
FOLLOW, LATIN-INSPIRED, CALORIE-BURNING
DANCE FITNESS PARTY.

Instructors:

Melody Zahn and Melanie Brock

SILVERSNEAKERS® MSROM

PARTICIPANTS HAVE FUN AND MOVE TO THE
MUSIC THROUGH A VARIETY OF
EXERCISES DESIGNED TO INCREASE
MUSCULAR STRENGTH, RANGE OF
MOVEMENT, AND ACTIVITY FOR DAILY
LIVING SKILLS. HAND-HELD WEIGHTS, ELASTIC
TUBING WITH HANDLES, AND A BALL IS
ALTERNATED WITH NON-IMPACT AEROBIC
CHOREOGRAPHY. A CHAIR IS
OFFERED FOR SUPPORT, STRETCHING, AND
RELAXATION EXERCISES.

Instructors:

Justin Scott, Melanie Brock, and Kristie Sanders

AEROBICS, ABS, & BUNS

THIS CLASS PUTS AND EMPHASIS ON THOSE
AREAS THAT WE ALL WANT TO WORK!
GET A CARDIOVASCULAR WORKOUT AND THEN
SHIFT THE FOCUS TO STRENGTHENING AND
TONING THE CORE AND GLUTES.

Instructors:

Jileen McGregor

CORE

GET A TERRIFIC ABDOMINAL WORKOUT, WITH AN EMPHASIS ON THE ENTIRE CORE.

Instructors: Jileen McGregor