

# Red Mountain Center Group Fitness & Wellness Classes

## Monday

**Yoga** 7:30AM  
C1&2 Myrna

**Yoga** 8:30AM  
C1&2 Traci

**Silver Sneakers\*** 8:30AM  
Gym Donna/ Robin

**Body Sculpt GF** 8:30AM  
Gail

**Back to Basics + Gym** 9:30AM  
Donna

**Pilates** 9:30AM  
C1&2 Jayna

**Zumba Gold\* GF** 10:30AM  
Donna

**Zumba** 5:00PM  
MPR-C Emerald

**Step/Cycle/ Sculpt GF** 5:00PM  
Julie H.

**Pilates** 5:30PM  
C1&2 Laura Anne

**High Fitness \*** 6:15PM  
GF Shara

**Yoga +** 6:30PM  
C1&2 Anna

## Tuesday

**Body Sculpt GF** 5:35AM  
Beth

**Power Fit GF** 8:30AM  
Julie E.

**Yoga C1&2** 8:30AM  
Donna

**Simply Stretch X GF** 9:30AM  
Donna

**Body Sculpt GF** 10:00AM  
Donna

**Zumba\*** 11:00AM  
GF Robin

**Silver Sneakers\* Gym** 11:00AM  
Amelia/ Rhonda

**Silver Sneakers\* GF** 12:00PM  
Rhonda

**Cycling+\* GF** 4:10PM  
Beth

**Pilates+ C1&2** 5:00PM  
Steve

**Sculpting & Abs GF** 5:00PM  
Kelly

**Guided Sound Meditation+ C1&2** 6:15PM  
Dawn

## Wednesday

**Tabata GF** 5:35AM  
Julie E.

**Chakra Yoga C1&2** 8:30AM  
Traci

**Silver Sneakers\* Gym** 8:30AM  
Alisa/ Donna

**Back to Basics+ Gym** 9:30AM  
Alisa

**Yoga Nidra+ C1&2** 9:30AM  
Romie

**Silver Sneakers\* GF** 9:30AM  
Donna

**Zumba Gold\* GF** 10:30AM  
Donna

**Zumba** 5:00PM  
GF Catherine

**Yoga+ C1&2** 5:30PM  
Steve

**Step GF** 6:00PM  
Robin

## Thursday

**Body Sculpt GF** 5:35AM  
Beth

**Power Fit GF** 8:30AM  
Julie E.

**Yoga C1&2** 8:30AM  
Donna

**Simply Stretch X GF** 9:30AM  
Alisa

**Pilates+ C1&2** 9:30AM  
Jayna

**Body Sculpt GF** 10:00AM  
Alisa

**Zumba\* GF** 11:00AM  
Amelia

**Silver Sneakers\* Gym** 11:00AM  
Alisa/ Rhonda

**Silver Sneakers\* GF** 12:00PM  
Rhonda

**Cycling+\* GF** 4:10PM  
Kelly

**Sculpting & Abs GF** 5:00PM  
Julie H.

**Pilates C1&2** 5:30PM  
Laura Anne

**Tabata GF** 6:00PM  
Ann

**Stress Release Yoga C1&2** 6:30PM  
Anna

## Friday

**Pilates+ C1&2** 7:30AM  
Julie H

**Yoga C1&2** 8:30AM  
Dawn

**Silver Sneakers\* Gym** 8:30AM  
Ann/Robin

**Step GF** 8:30AM  
Julie E

**Back to Basics+ Gym** 9:30AM  
Robin

**Gong Meditation C1&2** 9:30AM  
Dawn

**Zumba\* GF** 10:30AM  
Avette

**Yoga C1&2** 5:00PM  
Steve

## Saturday

**Yoga C1&2** 8:15AM  
Anna

**Tabata GF** 8:15AM  
Robin

**Step/ Sculpt GF** 9:15AM  
Robin

**Pilates+ C1&2** 9:30AM  
Jayna/ Laura Anne

**Zumba GF** 10:15AM  
Catherine/ Erin

All Classes run 55 minutes unless stated

\* = 45 Minute class

X = 30 Minute class

+ = Family fitness class (ages 8 & up)

As of January 21, 2026

- Cardio
- Mixed
- Muscular
- Mind & Body

## Cardio

**Back to Basics:** a low impact aerobics class for the beginning/intermediate exerciser. Includes cardio and sculpting.

**Zumba:** a fun cardio class utilizing Latin/international music and Latin/international dance moves to burn calories and tone.

**KickboxX:** a cardio workout that uses punches, kicks, and blocks to increase your heart rate. Work on endurance, strength and coordination while burning tons of calories.

**Zumba Gold:** this class modifies the moves and pacing to suit the needs of the active older participant and those just beginning the Zumba journey. This is a fun class utilizing Latin music.

**Step:** moderate to high intensity, low to high impact step aerobics and body toning.

**High Fitness:** Based on traditional aerobics principles that create a steady-state cardio workout. Non-stop cardio + toning moves in easy to follow fitness choreography to music.

## Muscular

**Body Sculpt:** an overall body workout using bars, weights, balls, etc. to tone and shape.

**SilverSneakers:** move through a variety of exercises designed to increase muscular strength, range of motion and skills required during activities for daily living. Handheld weights, tubing and ball are offered for resistance and chair used for seated or standing support.

**Sculpting and Abs:** a resistance training workout utilizing resist-a-balls, body bars, weights, and bands targeting the abs and more.

## Mixed

**Power Fit:** improves power, muscular endurance, balance, and overall agility. Helps lower body fat by toning and conditioning the body for natural flexibility

**Step, Cycle & Sculpt:** 20-minute intermediate stepping, 20-minute cycling, 15-minute body sculpting. Time flies by in this class!

**Step/Sculpt:** is a heart pumping step aerobics routine combined with strength training intervals to give you a complete cardio & weights workout

**Tabata:** is a workout which will take you to the next level. Participants can expect to improve cardio fitness, decrease body fat and gain lean muscle. Tabata consists of 20 seconds of work and then 10 seconds of rest.

**Cycling:** is a fun exhilarating way to burn fat, increase strength and improve cardiovascular fitness. This class simulates hill-climbing, sprints, and jumps with motivating music.

## Mind & Body

**Yoga:** focus on strength, flexibility, relaxation and breathing through traditional poses. Slow paced.

**Pilates:** improve your muscle balance, posture, core stability, spinal alignment, strength, flexibility and control of breath by use of Pilates-based mat exercises.

**SilverSneakers Yoga:** a variety of safe and fun yoga postures and healthy breathing. A chair is used for support. Participants work at their own pace to build flexibility and endurance.

**Simply Stretch:** Increase your flexibility, range of motion and balance through deep stretching and breathing.

**Yoga Nidra:** is a sleep-based meditation, designed to walk you down step-by-step using gentle body movement, breathing and body scanning to bring to the deepest level of relaxation.

**Chakra Balancing Yoga:** yoga class focusing on the 7 chakra energy centers

**Stress Release Yoga:** building skills with gentle yoga to help reduce stress and anxiety through breath, movement and centering.

**Gong Meditation:** release your stress from the week in this 55 minute meditation class. This class uses the sounds and vibrations of the gong to create deep relaxation and state of meditation.

**Guided Sound Meditation:** enjoy deep peace & relaxation with a guided meditation along with the sound of the gong. This class will also include other meditative sounds that can assist the body into a calm state.