



BILL HARMON RECREATION CENTER

Fitness Class Schedule

Phone: (501) 835-6893 • **Address:** 51 Shelby Road, Sherwood, AR 72120 • **Contact:** Julie Greene • **Email:** jagreene@cityofsherwood.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)	6 a.m. Yoga (Colleen) 10 a.m. Pilates (Sarah)	5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)	6 a.m. Yoga (Colleen) 10 a.m. Pilates (Sarah)	5:15-6 a.m. Early Birds (Marcia) 8-9 a.m. Aquatic Aerobics (Rita)	8:15-9:15 a.m. Boot Camp w/TFit (Tiffany) 9-9:45 a.m. Aqua Zumba (Cody)
	6:15-7:15 p.m. Boot Camp w/TFit (Tiffany)	6-7 p.m. Zumba (Claudia)	6:45-7:30 p.m. Aqua Zumba (Cody)	6-7 p.m. Zumba (Claudia) 6:15-7:15 p.m. Fab Abs & Glutes (Tiffany)		

All regular classes are included with membership.

Aquatic Aerobics: A medium intensity water-based aerobics class designed to benefit any adult student. **Dress according to pool rules.**

Aqua Zumba: Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Blends the Zumba philosophy with water resistance. There is less impact on your joints during this class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Dress according to pool rules.**

Boot Camp w/TFit: This class will be a combination of HIIT, circuit training, Strength training, body weight, and core strengthening. Guaranteed to get your heart rate up, burn fat, build muscle and tone in a great, positive atmosphere.

Early Birds: A class for ALL fitness levels that want to be more fit in a less intense, fun, supportive community atmosphere.

Fab Abs & Glutes: Using bodyweight, weights or bands, this class will strengthen, sculpt, and tone your core, glutes and thigh muscles in a fun, energetic and positive atmosphere.

Pilates Reset: A form of low impact exercise designed to increase movement efficiency through the mind-body connection. Guides you through all planes of movement to release tension, hydrate muscles and joints with the help of small props and gravity.

Yoga: Provides the opportunity to tone and strengthen the core while bringing the mind and body into harmony in a matter that lowers the pulse rate and blood pressure, improves sleep and immunity, and yet is challenging for the beginner and advanced student alike. **Bring a mat to explore this Yoga Experience.**

Zumba: When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.