



PRINCESS ANNE RECREATION CENTER
may group fitness classes

C - Cardio	ST - Strength Training	CO - Core / Abs	MB - Mind & Body	WF - Water Fitness	
B - Beginner		A - Advanced		ML - Multi-Level Class	
DAY	CLASS	TIME	INSTRUCTOR/LOCATION	BENEFIT	LEVEL
MONDAY	Deep Water Cardio and Core	9:30–10:30am	Debbi/Pool	WF	ML
	Forever Fit	9:00–10:00am	Tony/Gym	ST	B
	RIP	9:00–10:00am	Andi	ST	ML
	<i>NEW!</i> SilverSneakers® Cardio Circuit	10:15–11:15am	Kasey / Gym	C/ST	ML
	<i>NEW ROOM!</i> Zumba® Toning	10:15–11:15am	Pat	C/ST	ML
	H.I.I.T. with a Kick	6:00–7:00pm	Tracey	C	ML
	Zumba®	7:10–8:10pm	Cristhine	C	ML
TUESDAY	Zumba®	9:00–10:00am	Pat	C	ML
	SilverSneakers® MSROM	10:15–11:15am	Pat/Gym	ST	B
	RIP	6:00–7:00pm	Andi	ST	ML
	<i>NEW TIME!</i> Yoga	6:45–7:45pm	Anna/Dance Studio	MB	ML
WEDNESDAY	Deep Water Cardio and Core	9:30–10:30am	Debbi/Pool	WF	ML
	Forever Fit	9:00–10:00am	Andi /Tony/Gym	ST	B
	Yoga	9:00–10:00am	Jayla/ Dance Studio	MB	ML
	<i>NEW TIME!</i> Kick & Core	6:10–7:10pm	Kasey	C	ML
	<i>NEW TIME!</i> Zumba®	7:20–8:20pm	Pat	C	ML
THURSDAY	20/20/20	9:00–10:00am	Kasey/Andi	C/CO/ST	ML
	SilverSneakers® MSROM	10:15–11:15am	Andi /Gym	ST	B
	RIP	6:00–7:00pm	Andi	ST	ML
	Yoga	6:45–7:45pm	Jayla/Dance Studio	MB	ML
FRIDAY	<i>NEW TIME!</i> Fluid Moves	8:00–9:00am	Andrea/Pool	WF	B
	<i>NEW!</i> Core Balance	9:00–10:00am	Kasey	MB/C/ST	ML
	*Forever Fit (May 18 th & 25 th Only)	9:30–10:30am	Tony/Gym	ST	B
	Zumba Gold®	9:30–10:30am	Pat/Gym	C	B
SATURDAY	<i>NEW!</i> Zumba	9:10–10:10am	Carmen	C	ML
	Boot Camp	9:30–10:30am	Roni/Gym	C/ST/CO	A
	Zumba®/ Zumba® Toning	10:45–11:45am	Pat/Gym	C/ST	ML

**Note – The facility will be closed Monday, May 28th in observance of Memorial Day.
 The pool will be closed May 18th–June 17th, Forever Fit will be offered on Friday, May 18th & 25th only.*

Class Descriptions

20/20/20 – Great combination of 20 minutes easy to follow cardio movements that are gentle on the joints, 20 minutes of strength training using hand weights and tubing and finishing with 20 minutes of cool down, abdominal work and stretching.

Boot Camp – Intense cardiovascular workout combined with strengthening exercises to enhance coordination, strength, & endurance.

Core Balance – A barefoot training class to awaken your senses, improve balance, and strengthen your core. A 2½ inch high beam is used to turn an ordinary class into the next level experience. Other equipment used may include weights, weighted bars, medicine balls, etc.

Deep Water Cardio and Core – Get the benefits of a high-energy cardio class without the impact while strengthening the core.

Fluid Moves – Our gentlest aqua class designed specifically for our mature members to loosen joints and improve range of motion, muscular strength, and coordination.

Forever Fit – A variety of upper and lower body conditioning exercises that will challenge your core and postural muscles for strength, as well as balance and flexibility. A chair is provided for standing and seated support as well as a mat for floor work. Have a fun workout in a friendly social group setting that will foster motivation and peer support.

H.I.I.T. with a Kick – combines 30 min. of cardio kickboxing and 30 min. of high intensity interval training that will boost your metabolism while building cardiovascular endurance and muscle tone. This class is easy to follow and the format is different each time so your body won't get bored plus provides a safe and effective workout.

Kick & Core – This class combines the benefits of cardio kickboxing followed by 20 minutes of core work using the BOSU®, exercise and medicine balls.

RIP - This 60-minute barbell program class is ideal for all fitness levels. Our high repetition routine keeps it simple. We use athletic movements such as squats, lunges, chest presses and bicep curls and combine them with traditional strength training moves and music. It's a simple, fun, effective way for both those new to weights and those who lift often.

SilverSneakers® Cardio Circuit– Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with 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.

SilverSneakers® Muscular Strength and Range of Movement – 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 are offered for resistance; and a chair is used for seated and/or standing support.

Yoga – Exercises to increase flexibility and strength through static postures and coordinated breathing techniques; some classes incorporate meditative techniques as well. Please bring your own mat.

Zumba® – A high intensity workout that is a fusion of the spicy flavors of Latin and International rhythms designed to get your heart pumping. It is "Exercise in Disguise." No dance experience needed.

Zumba®/Zumba® Toning– A Zumba® class that cross trains between Zumba® and Zumba® Toning.

Zumba Gold® - This is Zumba® 101. Zumba Gold® is the beginner's level of aerobic dance which breaks down the intricate step-work involved in this Latin dance sensation. It's perfect for anyone just starting out in Zumba® fitness!

Zumba® Toning – A Latin dance-cardio workout that also blends body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training class. Weighted maraca-like Zumba® Toning Sticks will be provided and used to enhance rhythm and build strength.

Effective Date: 5/1/2012

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of the National Recreation and Parks Association.

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Virginia Beach Parks and Recreation