

# Fitness Class Schedule

(Updated 4/26/2023)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6am <b>HIIT</b> (Julie)		5:15-6am <b>HIIT</b> (Julie)		5:15-6am <b>HIIT</b> (Julie)	8:15-9:15am <b>Boot Camp w/TFit</b> (Tiffany)
	8-9am <b>Aquatic Aerobics</b> (Rita)	9am-10am <b>Chair Yoga</b> (Debbie)	8-9am <b>Aquatic Aerobics</b> (Rita)		8-9am <b>Aquatic Aerobics</b> (Rita)	9am-9:45am <b>Aqua Zumba</b> (Ashley)
		6:00-7:00pm <b>Zumba</b> (Alana)		6:00-7:00pm <b>Zumba</b> (Alana)		
	6:15-7:15pm <b>Boot Camp w/TFit</b> (Tiffany)		6:45pm-7:30pm <b>Aqua Zumba</b> (Ashley)	6:15-7:15pm <b>Fab Abs &amp; Glutes</b> (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.

**Chair Yoga:** A way to move even though you don't think you can!  
Beginners or advanced. Come enjoy and experience a new way of stretching to advance your journey in life.

**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.

**HIIT the Ground Running:** HIIT stands for high-intensity interval training and is a training technique in which you give all-out effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**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.

**Bill Harmon Recreation Center**

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