

Spinning

Spinning is an exercise program that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout.

Monday/Wednesday

9:00 - 9:30am Instructor: Sheri Burchette

Monday/Wednesday

1:00 - 1:30pm Instructor: Janet Musgrove

Monday

5:30 - 6:30pm Instructor: Harry Wilson

Tuesday/Thursday

9:00 - 9:30am Instructor: April Sawyers

Tuesday/Thursday

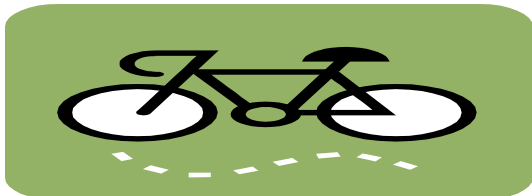
6:00 - 6:45pm Instructor: Jaye Wilson

Wednesday

6:00 - 7:00pm Instructor: Jane Nunn

Friday

9:00 - 10:00am Instructor: Jane Nunn



Core Strength

Core strength training is essential to sports performance and injury prevention. The body's core muscles are the foundation for all other movement. The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities. Training the muscles of the core also corrects postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness that is essential to both daily living and regular activities.

Monday

6:00 - 6:30 pm

Aerobics Room

Instructor: Brian Freeman

