

# Recreation Center FITNESS CLASSES

Classes will resume Tuesday, Sept. 4<sup>th</sup>

Elkin Recreation Center - 336-794-6478

## **MONDAY**

- SHAPE FITNESS – Circuit Training @ 12:00-12:45PM / \$2.00
  - SILVER SNEAKERS EXERCISE CLASS 5:45-6:30PM

(Not a member of Silver Sneakers, not a problem. Class cost is only \$2.00)

## **TUESDAY**

- PICKLEBALL @ 10:00-12:00PM / \$4.00
- GNO FITNESS @ 5:30-6:30PM / \$2.00
  - Zumba 7:00-8:00pm

## **WEDNESDAY**

- SHAPE FITNESS CLASS- Circuit Training @ 12:00-12:45PM / \$2.00

## **THURSDAY**

- PICKLEBALL @ 10:00-12:00PM / \$4.00
- GNO FITNESS @ 5:30-6:30PM / \$2.00
  - Zumba 7:00-8:00pm

Class Information on Back

[elkin.recdesk.com](http://elkin.recdesk.com)

## **Fitness for Women**

**Shape (Sweat has a positive effect)** The daytime class (12:00-12:45pm) Monday & Wednesday is a Circuit Training class that will be held in the basketball gym and will consist of a mix of cardio and weight training.

**GNO (Girls night out)** The Tuesday & Thursday night class (5:30-6:30pm) will consist of a mix of cardio and weight training and will be held in the multi-purpose room. Equipment used in this class: Hand Weights, Exercise Balls & Aerobic Steps.

Cost is only \$2.00 and no preregistration is required. Classes are open to the public and no membership is required. These classes are designed to work with your schedule. Come when time permits. Bring a friend and let's get fit!

## **Pickleball**

Come experience one of the fastest growing games in the United States. Pickleball, similar to tennis, is a fun, fast paced game that anyone can enjoy. It's great for seniors and it's a great way to meet new people. Anyone can participate. Facility Members, Silver Sneakers, and Silver & Fit Members can play at no extra charge. All others will be charged a \$4.00 daily membership fee. The Pickleball court is located in the basketball gym.

## **Silver Sneakers**

### **A Full class Description on SilverSneaker Flyer**

The class will start off with a warm up.

Move to the main workout.

Chair-arm circles

Chair-leg extensions

Standing-side bends for obliques

Chair- bicep curls with small Dumbbells

Standing Leg Kickbacks (donkey kicks) holding wall or chair

Chair- overhead tricep extensions

Chair-arm circle

And end with a cool down.