



Rec Center Fitness

A new year, a new decade and a new beginning . Rec Center Community, Boutique & Aquatic fitness classes can help!

Getting Started

As the calendar turns not only to a new year but a new decade, our thoughts often turn to health and fitness. Television and online ads explode as each new year approaches. “The greatest wealth is health,” is a saying we live by at the North Platte Rec Center. We have a committed team of instructors whose passion is helping others create and embrace a lifestyle that supports good health, longevity and a higher quality of life. A healthier life centers around behavior changes and those changes are more effective when there is social as well as professional support.

We also believe that fitness should also be affordable. Our monthly rates make classes as low as \$1.60 per class with no membership requirement, long-term contracts or extra facility fees. Try as many classes as you'd like! **Your first class is always free!**

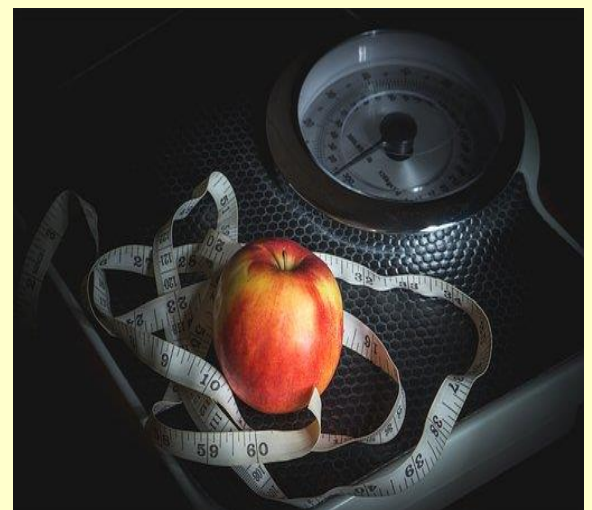
We offer **Community Fitness**, building success through long-term classes with plenty of social support, **Boutique Fitness**, short-term specialty classes to meet the unique needs of our exercisers, and of course, the only place you can find **Aquatic Fitness**, where the swimming pool creates the broadest spectrum of exercise and fitness experiences from simple range of motion to high intensity, high performance exercise for athletes.

We are here to help you make healthier choices and guide you to wellbeing. Contact Trudy Merritt, Rec Leader for Fitness at MerrittTD@ci.north-platte.ne.us or 535-6772 for more information.

Benefits of Group Fitness

- Expert guidance with no guesswork
- Accountability to help you create a workout routine
- Social support & so much more- Camaraderie forged in class
- Explore movement in a new way
- Fitness & Fun with friends

Jessica Matthews-ACE Fitness



Boutique Fitness

Indoor Cycling

We are tailoring our indoor cycling program in 2020 with a specialized, personal approach! Each format option uses recognized training methods from the world of cycling and is appropriate for all fitness levels. We teach only sound cycling principles that help you maximize the benefit of your workout and minimize the risk of injury. Our state-of-the-art stationary trainers allow you to control the intensity of your workout and our cycling coaches will encourage you to find flawless form and a fluid pedal stroke. Our classes provide each rider with a heart rate monitor and training zones for personalized, effective training results. We offer one year-round cycling class, and 4 personalized cycling modules to help you stay active during those dark and cold winter months. Whether you are racing on a flat road or climbing a hill, there is no substitute for the camaraderie of a real group ride and our unique “boutique” with individual focus and varied schedules will give you the freedom to choose a class specific to your fitness needs! Choose one or choose all 4! One module is 8 weeks in length, and three modules are 4 weeks in length. The Hour of Power class is a year-round class.

Hour of Power Indoor Cycling

This class has an extended 1 hour time format and offers year-round training. Our brand of indoor cycling is based on sound cycling principles and periodization for peak performance. Periodization involves dividing the calendar year into periods characterized by different forms of training. These include aerobic base-building, strength development, anaerobic training and recovery. This exercise approach allows an exerciser to improve fitness without suffering from overtraining or burn-out.

Monday/Wednesday/Friday 5:30-6:30 a.m. Instructor: Jan Wright and Trudy Merritt

Indoor Cycling Boutique Modules:

Indoor Cycling for Older Adults

Active older adults comprise the fastest growing segment of the fitness population. These exercisers have distinct and different exercise needs. Indoor cycling offers the older adult an impact-free form of exercise that is designed to improve and enhance their aerobic fitness and general health. The group ride environment also creates a welcoming space for social engagement and of course good “old-fashioned” fun! Gentle, progressive and effective exercise on a bike will make the participants feel like kids again! Designed for those 55 and over.

January 15th-March 6th; Wednesdays/Fridays 11:00 a.m.-11:30 a.m.

Indoor Cycling for Effective Weight Loss

Exercise and healthy eating are two sides of the same wellness coin. This module serves as a “starter” program for those looking to learn how to jump start and maintain a weight reduction program, with aerobic workouts designed to keep you in the fat-burning training zone. Each class offers participants education on how to reach 5 healthy wellness goals: 1) Achieve better body composition or weight loss 2) Practice healthier eating habits 3) Enjoy better energy levels 4) Be “at peace” with food and avoid habits that lead to feelings of deprivation or compulsiveness 5) Accurately evaluate the efficacy of popular diets. (Spinning Principles of Weight Loss)

January 14th-February 6th; Tuesdays/Thursdays 5:20-6:15 p.m.

Indoor Cycling and Aerobic Base Building

Aerobic training is the foundation for human fitness. Aerobic exercise positively impacts every body system and can dramatically improve an individual’s health profile. The benefits of the popular high intensity workouts will not take place as desired without a

strong aerobic base. This module offers education as well as exercise, teaching participants about how to use a heart rate monitor to ensure that workouts are done aerobically. We cannot build a house without a foundation and we cannot build lifetime fitness without the foundation of a strong aerobic base.

February 11th-March 5th; Tuesdays/Thursdays 5:30-6:10 p.m.

Indoor Cycling & Core Training

If the human body were a building, the cornerstone would be the “core.” Just like in a building, the integrity of the whole structure depends on its support. In cycling, the core is defined as all of the structures from the shoulders down to the pelvis. Cycling with Core Training offers exercise in two of the foundations we need for good physical health: aerobic fitness and core strength. This is a “bike and ball” class with an aerobic ride followed by core work using body weight and fitness ball centered exercises that you can learn and use for life!

March 10th-April 2nd; Tuesdays/Thursdays 5:30-6:10 p.m.

*All indoor cycling modules are taught by Spinning certified instructor Trudy Merritt

**Space is limited, so register early to reserve your bike!

Indoor Cycling Pricing:

Hour of Power: 3 times/week: \$25/month

2 times/week: \$15 per month

Active Adult module: \$30 for all 8 weeks

All other modules: \$15 per module

Cardio and Strength Boutique

The Rec Center is adding 2 new boutique classes designed with workout balance in mind. Aerobic exercise improves our health profile, builds lifetime fitness and aids in achieving and maintaining a healthy weight. Strength training improves metabolism and strong muscles are important in maintaining functionality throughout life. These classes will offer the best of both, each in a unique and engaging group atmosphere that encourages you to be consistent in your exercise program with the support and camaraderie of fellow exercisers.

BeneFit Family Camp

This 6 week class offers a combination of strength training and aerobic exercise with the use of a variety of exercise equipment to keep the workouts interesting and engaging. Taught by fitness professional and NASM certified personal trainer...and mom, Jara Goeden, this class welcomes your kids! Children of all ages are welcome (but not required of course) to attend to help out busy moms looking for companionship and a great workout. The class is held just before bedtime to help everyone burn some energy and be ready for a good night's sleep! All exercises can be modified to all fitness levels.

January 13th-January 30th* Mondays/Thursdays 7:00-7:45 p.m. Instructor: Jara Goeden

Cost: \$20

* A second session may be added depending on demand

Learn and Live Personal Training

Do you need a little bit of help to navigate your way to better health? Charting a course to a more active life can be confusing. Learn and Live Personal Training with National Academy of Sports Medicine certified trainer Jara Goeden can be a compass that steers you to a better way to exercise. Individual, couple or small groups are welcome. Training includes a health assessment, workouts, progress reports, and take home information and challenges. Session time is very limited. You can schedule just one session or multiple sessions to make good health a habit.

Times available January 13th-May 6th

Wednesdays 4:15-5:15 p.m.

Email Jara to schedule! jaragoeden@gmail.com

\$30/30 minute session w/o Rec membership

\$25/30 minute session with Rec membership

Zumba Toning

Exercise should never be a drudgery. Exercisers are more faithful when the workout is fun. We have the perfect boutique class for those looking to leave dull and boring exercise out of their workout. This class combines the party atmosphere of Zumba with toning and sculpting to define muscles and improve body composition and strength. Lightweight maraca-like Toning Sticks are used to enhance a sense of rhythm and coordination while toning "target zones" include arms, core and lower body. Taught by Zumba certified instructor Stephanie Den Besten.

Session I: January 15th-March 4th

Wednesdays

5:30-6:30 p.m.

Session II: March 11th-April 29th Cost: \$20 per 8-week session

Community Fitness

Community Fitness goes a step beyond just an anonymous group fitness class or fitness on demand. We encourage all exercise, but we have seen the impact that building a community of support can have on maintenance of a consistent and long-lasting exercise program. Community fitness encourages mutuality and mentorship and provides a real sense of accountability to oneself and the community. Each group fitness instructor will make you feel like you "have come home" in every class we offer and at a truly affordable price. Rec Center classes are as low as \$1.60 per class and there is no membership requirement, long-term contracts or facility fees.

Yoga

Yoga? Yes! Your mat awaits...and so do the many benefits of yoga. The American Osteopathic Association lists increased flexibility; increased strength and muscle tone; improved respiration, energy and vitality; maintenance of a balanced metabolism, weight reduction, improved cardio and circulatory health, improved athletic performance and protection from injury (Wow! The benefits are endless!) as their top reasons that the practice of yoga should be a part of everyone's good health regimen. Yoga knows no age, shape or size and offers better health, relaxation and peace!

Monday/Wednesday 9:00 a.m.

Instructor: Tynell Jarvis, Certified Yoga Instructor

Saturdays 9:00 a.m.

3/week: \$20, 2/week: \$15; 1/week \$10/month

Gentle Yoga

As we age, we want our years to be filled with quality experiences that allow us to continue to grow and improve, living the high quality life we all desire. Yoga is a key tool that you can use to add that quality by maintaining flexibility and balance. If you have

been curious about the benefits of yoga but have no yoga knowledge, this class is for you. Come wearing comfortable clothes that allow stretching and moving along with a vibrant “can do” attitude! Chair yoga is included! You will leave more relaxed, maintaining that all important range of motion!

Monday/Thursday 1:00 p.m.

Instructor: Peg Brogden, Certified Yoga Instructor

Cost: \$15/ month

Zumba Strength

For those who want their fitness with a party atmosphere, this strengthening and aerobic fitness program features various styles of movement choreographed to energizing music fused with toning and sculpting exercises using hand weights for strength and muscle definition. Using today’s hottest trend in fitness, this class incorporates HIIT, High Intensity Interval Training, as well. Your instructor will make you feel at home with creative aerobic exercise and muscle-defining strength moves. Find “fitness fusion” and “fitness fun” in Zumba Strength.

Tuesday/Thursday 5:30 p.m.

Instructor: Steph DenBesten, Certified Zumba Instructor

Cost: \$15/month

SilverSneakers

There are four stepping-stones to good health at any age and SilverSneakers provides them all! Endurance, strength, balance and flexibility are important to everyone, but as we age, maintaining and improving these key areas of fitness can add to longevity and quality of life. This excellent exercise program for seniors uses fun equipment and a broad range of exercises with modifications for both standing and seated performance. This class is FREE with Humana Gold or AARP Medicare Supplement insurance!

Monday/Wednesday/Friday 10:00 a.m. Instructor: Paula Smalley, Certified SilverSneaker Instructor

Cost: \$20/month

Aquatic Fitness

Exercising in the water has enormous health benefits and is sometimes the only place where sedentary people can safely begin an exercise program. Water exercise provides a very low- or no impact workout that accomplishes both aerobic and strength training with every move. The water creates incredible freedom of movement, from soft and gentle to highly intense and rigorous, making it the perfect environment for nearly every exerciser or athlete. You stay cool while working up a sweat and the water expertly cushions and protects joints. The multi-directional effects of water exercise give you a superior workout. Swimming is considered to be in the elite of aerobic, health-giving exercise.

Splash

Splash is a traditional water aerobics class with a moderate intensity level. All exercises are performed in shallow water and no swimming ability is required. This class will provide each of the benefits of water exercise and is perfect for seniors or those wishing to remain in shallow water. When land-based exercise becomes too hard on your joints, join us in the pool for a perfect alternative that will keep you fit and feeling young!

Monday/Tuesday/Thursday 10:00 a.m.

Instructor: Peg Brogden

Cost: \$20/month

Aquablast

We kick it up a notch in Aquablast! This is a moderately-high to high intensity class where the benefits of water exercise are amplified. This class is appropriate for all ages and genders. Some deep water exercise is included, so participants should be willing to go into deeper water with floatation support if needed. You will experience the full range of benefits of water, combining multi-directional strengthening with continuous aerobic training in this expertly instructed fitness class and none of the aches and pains more common to other forms of exercise.

Monday/Wednesday/Friday 6:30 p.m.

Instructor: Stephanie Dorr

Cost: \$20 per month

Immerse

This class is the ultimate in water exercise and is our “boutique” offering for aquatic exercise. Immerse is high to very-high intensity water training appropriate for those seeking serious advances in fitness without the pounding and stress to joints and muscles common in land-based HIIT (High Intensity Interval Training) programs. It is also perfect for athletes, young and not-so-young, seeking a cross-training modality without the risk of injury. Participants use both water and body weight for increased strength and superior toning. Participants should have minimal swimming skills and be willing to go into deep water without support, although floatation support will be available. Get wet and “immerse” yourself in fitness!

Tuesday/Thursday 6:30 pm Class ends: April 30, 2020 and resumes October 6, 2020

Cost: \$15/month

Aquasize

This is a very low intensity, low impact class ideal for seniors wanting to improve range of motion and flexibility. This class is taught by private instructor Kay Bodeen. Please contact Kay at 532-8163 for more information and pricing.

Monday/Wednesday/Friday 8:00 a.m.

Tri-Masters

Swimming in a group setting is motivating, produces greater improvement and is much more fun than swimming those solitary laps. Tri-Masters is a group swim training program for both fitness swimmers and triathletes. Whether you are an Ironman Triathlete or simply love to swim for fun and fitness, the interval style workouts maximize the aerobic, anaerobic and calorie-burning potential of swimming beyond what those uninteresting laps can do. The group setting also provides the social support that is an important influence on our compliance with an exercise regimen. Use Tri-Masters to prepare for the James O’Rourke Memorial Triathlon or get into the greatest swimming shape of your life! The training lasts 16 weeks. Goggles are required, swim cap recommended.

Tuesdays/Thursdays 5:30-6:30 a.m.

Coach: Trudy Merritt

Cost: \$100 plus admission or membership

Tri-101

It is never too late to learn to swim. If you are interested in fitness swimming or are an aspiring triathlete, let us introduce you to the world of swimming through a progressive and creative way to learn the front crawl or “freestyle” swim stroke. Swimming is a superior form of exercise for general health and wellbeing and a better swim stroke will make those laps more productive and enjoyable. Many novice triathletes also aspire to learn to move beyond “water walking” to a true swim stroke, one of the three disciplines in a great sport for overall fitness. The swim stroke is developed through a progressive series of drills, each one building on the ones before until you are gliding away, lap after lap. The program is 16 weeks and because it is progressive, it is recommended that you attend as many sessions as possible from the beginning. Goggles are required, swim cap recommended

Tuesdays/Thursdays 7:30-8:30 p.m.

Coach: Trudy Merritt

Cost: \$100 plus admission or membership