

SPAR

SULPHUR PARKS & RECREATION

Recreation & Aquatic Center

933 W. Parish Rd
337.721.3040

hours of operation:
Mon-Fri 5am - 8pm
Sat 8am - 5pm / Sun 1pm - 5pm

JULY 1-31

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 - 6:05 am Sunrise with Tonya		5:05 - 6:05 am Sunrise with Tonya		5:05 - 6:05 am Sunrise with Tonya	
	8:10 - 9:00 am Step & Tone Kelly	8:00 - 9:00 am Beginner Aerobics Shawna	8:10 - 9:00 am Beginner Aerobics Kelly	8:15- 9:15 am Jump, Jive & Glide Dance Elizabeth	
9:05 - 10:05 am 20/20/20 Kelly	9:05 - 10:05 am Survivor Kelly		9:05 - 10:05 am Survivor Kelly		9:00 - 10:00 am YOGA Katie
9:15 - 10:15 am Seated Aerobic Stephanie/Fit Staff	9:00 - 10:00 am YOGA Katie	9:15 - 10:15 am Seated Aerobic Stephanie/ Fit Staff		9:15 - 10:15 am Seated Aerobic Elizabeth/ Fit Staff	
4:30 - 5:30 pm SPARBO Sheilah C.	4:30 - 5:30 pm Interval Training Sheilah C.	4:30 - 5:30 pm Step & Tone Shawna			
	4:30 - 5:00 pm TWEEN Fitness ages 8-13 years		4:30 - 5:00 pm TWEEN Fitness Ages 8-13 years		
5:30-6:30 pm Sculpting Sheilah C.	5:30 - 6:00 pm Ab. Zone Sheilah C.	5:30-6:30 pm Jump, Jive & Glide Dance Elizabeth	5:00 - 5:50 pm CARDIO BLAST Sheila B.		
6:00-7:00 pm YOGA Katie	JULY 4th Holiday Class Schedule NO CLASSES Saturday, July 3rd nor Monday, July 5th				





Group Fitness Class Descriptions

Ab Zone- Want to build rock solid abs? Come to learn exercises you can incorporate into your own workout that zone into the abdominal area.

Beginner Aerobics- Medium intensity workout for the young and young at heart. You will get an intense workout that combines strength, balance, and cardio. Weights are incorporated on Wednesdays.

Cardio Blast-The focus is mixed impact aerobics, plyometrics, strength and agility moves. This is a simple, high intensity group exercise-to-music class that is fully optioned to cater all fitness levels.

DANCE - Jive and Glide across the floor as you perform dance moves for aerobic conditioning. This is a low impact dance class with medium intensity cardio workout.

Interval Training- Not your basic aerobic course. Get the toning of a “Sculpting” workout, and cardio of an athlete. Research shows interval training burns more total fat & calories than continuous training.

Seated Aerobics- Non impact aerobics. Work up a sweat while seated and working all body parts. All ages are welcome! Great for post rehab patients.

Step & Tone- Combination of step aerobics with weight training. Medium impact step aerobics, but expect high intensity results. Beginners are welcome.

Sculpting- A total body conditioning clinic demonstrating proper use of tubing, body bars, and weights. **This is similar to the “body pump” style.**

SPARBO- Kickboxing, martial arts, and great music for intense cardio and body toning.

Sunrise with Tonya= Step & Tone

SURVIVOR- Time to incorporate the Sport Conditioning drills you have always wanted to try. All drills (running, weights, plyometrics, and abdominals) are done at your own pace through interval training. Wednesday class meets on indoor track.

TWEEN Fitness- Youth, 8-13 years old. Meet at Kiosk 4:30PM on Tuesdays/Thursdays. Focus on motor skills development through sport drills to build muscular strength, coordination, core stability, and agility.

YOGA- Yoga uses the mind-body connection to invoke wellness. This class uses the body as a vehicle for accessing strength and confidence through postures, breathing, and relaxation through meditation.

20/20/20 Intermediate class consisting of 20 minutes of high intensity cardio, 20 minutes of weight training, and 20 minutes of abdominal/ lower back (core) toning.