



FITNESS CLASS SCHEDULE

	Las Cruces Regional Aquatic Center	Meerscheidt Recreation Center	O'Brien Papen Recreation Center	Munson Senior Center		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am	Hatha Yoga 8:15 - 9:15		Hatha Yoga 8:15 - 9:15		Hatha Yoga 8:15 - 9:15	
8:30 am	Lift & Tone 8:30 - 9:30		Lift & Tone 8:30 - 9:30		Lift & Tone 8:30 - 9:30	
	Aerobics 8:30 - 9:30	Core & More 8:30 - 9:30	Aerobics 8:30 - 9:30	Core & More 8:30 - 9:30	Aerobics 8:30 - 9:30	Aquatic Fitness 8:30 - 9:30
	H2O Cardio 8:30 - 9:30	H2O Cardio 8:30 - 9:30				
9:30 am						Aqua Zumba 9:30 - 10:30
10:00 am					Gentle Aerobics 10:00 - 10:30	Zumba® 10:00 - 11:00
10:10 am	*Tai Chi: Moving for Better Balance 10:10 - 11:20	*Tai Chi: Moving for Better Balance 10:10 - 11:20	*Tai Chi: Moving for Better Balance 10:10 - 11:20	*Tai Chi: Moving for Better Balance 10:10 - 11:20		
10:15 am	H2O Cardio 10:15 - 11:15	Aqua Fit 10:15 - 11:15	H2O Cardio 10:15 - 11:15	Aqua Fit 10:15 - 11:15	H2O Cardio 10:15 - 11:15	
10:30 am			<i>WalkFit</i> 10:30 - 11:15		<i>WalkFit</i> 10:30 - 11:15	
			50+ Indoor Cycle 10:30 - 11:20		50+ Indoor Cycle 10:30 - 11:20	
11:30 am	Power Hour 11:30 - 12:30	Aqua Fit 11:30 - 12:30	Aqua Fit 11:30 - 12:30	Aqua Fit 11:30 - 12:30	Aqua Fit 11:30 - 12:30	
12:00 pm	Hatha Yoga 12:00 - 12:50	Hatha Yoga 12:00 - 12:50				
1:00 pm	Swimnastics 1:00 - 2:00	Swimnastics 1:00 - 2:00	Swimnastics 1:00 - 2:00	Swimnastics 1:00 - 2:00	Swimnastics 1:00 - 2:00	
5:30 pm	Power Indoor Cycle 5:30 - 6:30		Power Indoor Cycle 5:30 - 6:30			
	Tai Chi 5:30 - 6:30		Tai Chi 5:30 - 6:30			
	Zumba® 5:30 - 6:30	Zumba® 5:30 - 6:30	Zumba® 5:30 - 6:30	Zumba® Toning 5:30 - 6:30		
	Zumba® Gold 5:30 - 6:30	Zumba® Gold 5:30 - 6:30				
	Aquatic Fitness 5:30 - 6:30	Aqua Zumba® 5:30 - 6:30	Aquatic Fitness 5:30 - 6:30	Aqua Zumba® 5:30 - 6:30	Aquatic Fitness 5:30 - 6:30	
6:30 pm	Channel Sizing 6:30 - 7:30		Channel Sizing 6:30 - 7:30			



Regional Aquatic Center 541-AQUA (2782)
TTY: 575-541-5032

Meerscheidt Recreation Center 541-2563
TTY: 575-541-2771

One hour of Lap Swim, Current Channel, and/or Warm Water Pool: \$2.00.

note: Lap Swim not available during the following: Aqua Zumba®, Tuesday & Thursday at 5:30pm - 6:30pm. Saturdays from 9:30am - 10:30am

Fitness Classes Fee: \$2.00 (Age 60+ pay \$1.00)

Fitness Punch Card: \$48.00 (30 visits to the facility with no expiration date).

Aqua shoes are recommended. Classes may have a capacity limit.

† Warm Water Pool available when not in use by any programmed fitness classes or swim lessons.

* Class is free and open to the public.

Seniors 60 & over will receive a 50% discount for fitness classes, weight room and 1-hr current channel and lap swim. Must show a state issued ID.

RECREATION FACILITY LIMITS

It is recommended that all children under the age of 18 be under the direct supervision of an adult 18 or older, however the Parks and Recreation Section shall use the information as a guide for regular open hours at all facilities (pool rules differ):

Swimming pool facilities:

Children ages 8 and under must be accompanied by an adult in the water unless child has passed a designated swim test.

Weight room area and fitness classes:

- Ages 1-7. Allowed admittance to the facilities (recreation/community) centers under direct supervision of an adult 18 or older, but never allowed in the weight room or group fitness classes. This age group must be accompanied by an adult at all times.
- Ages 8-11. Must be accompanied by an adult 18 or older in the facilities. This age group is not allowed in the weight room or group fitness classes. Allowed use of the racquetball courts with an adult 18 or older.
- Ages 12-13. This age group will be allowed access to most areas of the facilities without an adult, except for the weight room (some group fitness classes, but not spinning). They will also be allowed use of racquet ball courts without an adult.
- Ages 14-17. This age group may participate in all group fitness classes and will be permitted in the weight room (parent/legal guardian must sign waiver) only under the direct supervision of an adult 18 or older.
- Ages 18 and over. This age group will be allowed full access to facilities.

RESTORATIVE/MEDICAL PROGRAM

The City of Las Cruces Parks and Recreation Section is offering use of the aquatic amenities and Warm Water Pool at the Las Cruces Regional Aquatic Center at a reduced fee for qualifying individuals and their care-provider(s). Individuals with medical conditions that would benefit from fitness to enhance, restore, and maintain a person's functional abilities may qualify. Conditions can be acute, transient, or chronic. Individuals and their care-provider(s) will be charged an admission fee of \$1.00 per person to use the Aquatic Center's amenities for one hour during any open swim session.

Both the participant and care-provider(s) must pay for each session of use at the facility. A doctor's note validating the need for the use of the facility must be provided at the time of registration.

CLASS DESCRIPTIONS

Aerobic Classes are a high-energy, fat-burning workout that incorporates traditional high and low impact moves with aerobic movements.

Aqua Fit starts with water walking to warm up the muscles, and moving on to self-paced aerobic exercises for a cardio workout to increase strength, flexibility and endurance. We will be using noodles and other light equipment, as well as pool sides for stretches and resistance. All muscle groups and joints will get a thorough workout. Come and feel the benefits of improved fitness and health, while finding the perfect balance between energy and relaxation.

Aqua Zumba® combines high-energy and motivating music with unique movements that allows students to dance away their worries.

Chair Exercise exercise programs have been shown to maintain or increase independence in older persons. Participants may increase overall power, strength, flexibility and ability to perform everyday tasks. In addition, there may be decreases in the incidence of falls, depression, stiffness and arthritic pain.

Core & More This class will concentrate on the core area and a little bit more, with the use of the stability ball and weights.

Hatha Yoga encourages proper alignment of the body and brings balance, strength and calmness.

H2O Cardio is for beginners to moderate level activity. In addition to cardiovascular endurance, the class provides range of motion/flexibility, strength and weight-bearing exercise and a focus on increasing endurance/stamina. The instructor is certified by the National Arthritis Foundation.

Lift & Tone Lift and Tone your body through use of weights, bands, and your own body weight.

Power Indoor Cycle This class is a toning master! We work with high repetitions, resistance and speed! We get a full body workout on the bike and do our cardio at the same time. The objective of this class is to burn body fat and gain muscle mass. The variation of workout routines are constant and the results are notorious in a very short time! All levels of fitness are welcomed because we can always modify all exercises.

50+ Indoor Cycle Like our regular indoor cycle class but geared towards the 50 plus community. However, anyone 18 and older is welcome to participate.

Restorative Yoga This is Yoga with Aromatherapy and Beginning Yoga. Appropriate for ALL levels, ALL body types & ALL physical abilities. Give yourself permission to rest & recover from a stressful life by focusing inward OR enhance an active lifestyle by safely stretching and rehabilitating connective tissue. Bring a yoga mat, towel, and water.

Pickleball combines elements of badminton, tennis, and table tennis. It's played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but mounted two inches lower. The game is played with a hard paddle and a polymer wiffle ball.

Senior Fitness focuses on stretching, flexibility, balance, low impact aerobics and strength training exercises.

Swimnastics A one-hour Aquatic aerobics exercise program geared for members with arthritics, joint pain, joint injury or replacement and back ailments. Starts out with 20 minutes of warm-up, 20 minutes of cardio and 20 minutes of legs, stomach and arms. We will be using noodles and aqua weights to strengthen all muscle groups. The water gives more mobility and flexibility that what we cannot do on land.

Tai Chi This traditional class will improve your body mechanics for safe and efficient movement. Students will learn to concentrate with gentle precision on the alignment of knees, hips, spine, shoulders and other joints while receiving a low impact workout. Class is offered in 4 week sections of 8 classes. Pre-registration is required.

Tai Chi: Moving for Better Balance An evidence based program which offers an enhancement of traditional Tai Chi by transforming the movements into therapeutic training for balance. This class is offered in partnership with NMSU's department of kinesiology.

Zumba® combines traditional Latin dance styles, including salsa, mambo, cha-cha, cumbia and merengue, as well as hip-hop and belly dancing moves. Might also include traditional group fitness moves, such as pushups, bicep curls, crunches and hi-low aerobics combinations. By focusing on interval training, classes seek to burn calories without exhausting participants with a constant high-impact pace.

Zumba® Gold takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.