

# ORANGE BEACH RECREATION CENTER FITNESS CLASS DESCRIPTIONS

CLASS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

ALL CLASSES COST \$5. YOU MAY BUY A CARD THAT CAN BE USED FOR FITNESS CLASSES, 15 CLASSES AT A COST OF \$50.

CLASSES ARE ON A FIRST COME, FIRST SERVED BASIS.

YOU MUST PAY FOR AND SIGN IN FOR CLASSES AT THE FRONT DESK.

Annual Fitness Class Pass (unlimited classes at Recreation Center only) with paid membership \$150.00 Per Person Per Year

PLEASE NOTE THAT CLASSES INDICATED WITH AN \*ASTERISK ARE NOT INCLUDED IN CLASS CARD OR ANNUAL UNLIMITED PASS

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## HATHA YOGA

Mon, Wed, Fri 10:00am-11:00am

Hatha Yoga incorporates stretches, yoga postures, sun salutations, breathing exercises, meditation, and relaxation. Excellent for managing stress, improving flexibility, balance and strength. A great addition for any exercise you may currently be doing or are about to start.

Bring your own sticky mat or blanket.

Instructor Ann Craig

## YOGA BASICS-HATHA YOGA

Mon, Wed, Fri 10:00am-11:00am (MPR2)

Mind, body, and spirit connection. Students will learn basic yoga poses, proper breathing, positions and alignment as well as focus. Bring your own mat and relaxation blanket.

Instructor Marcy Arnold

## ZUMBA

Mon, Wed, Fri 8:00am-9:00 am Instructor Cynthia McKay  
Tues. Thu 8:30am-9:30 am Instructor Cynthia McKay  
Instructor Barbie Francez

Zumba is a Latin inspired dance fitness class that incorporates Latin international music and dance movements. Zumba incorporates some of the basic principals of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body training.

## CARDIO TONE & STRETCH

Mon, Wed, Fri 9:00am-10:00am

This class uses the exercise ball to help with posture while improving cardio and muscle strength.

Instructor Ann Craig

## PIYO

Mon & Wed (MPR2) 9:00am-10:am

PiYo combines the muscle-sculpting core-firming benefits of Pilates with strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact work out that leaves your body looking long, lean, and incredibly defined. This workout works for every age and fitness level. Instructor Jane Sims

## YOGA

Tues & Thurs 7:30am-8:30am

Yoga is a method of improving oneself in mind, body, and spirit through flexibility and strength.

Bring own mat or blanket.

Instructor Ann Craig

## STEP AEROBICS

Thurs 9:30am-10:30am Instructor Jane Sims

## PILATES

Tues, Thu 10:30-11:30am (MPR2) Instructor Ann Craig  
Fri 9:00-10:00am (MPR 2) Instructor Carmen Watkins

A mat class designated for all levels. Concentrating on core strength, Pilates requires no special equipment other than the willingness to work.

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**CLASSES BELOW CONDUCTED BY OUTSIDE CONTRACTORS. PARTICIPANTS PAY EACH INSTRUCTOR DIRECTLY. EACH INSTRUCTOR IS CERTIFIED, LISCENSED AND INSURED.**

\*BALLROOM DANCE Contact Jessica Langston @ 251-377-9936

\*BRAIN DANCE & A centering body/brain movement tool for brain reorganization, oxygenation, and recuperation.

\*BALLET 1 & 2 Contact Rio Barlow @ 251-979-9851

\*TAEKWONDO Contact Gulf Coast Taekwondo Centers @ 251 979-3360

\*SHORINJI KEMPO Contact Tim Kaiser @ 251 747-6617

\*WHEELS KARATE 251-967-KICK (5425) / wheelskarateacademy@gmail.com

AFTER SCHOOL  
LITTLE DRAGONS