



Paul Derda Recreation Center January-May 2026 Fitness Schedule

12-15-year-olds may attend fitness classes with an adult 18+ and older at the instructor's discretion.

** Available at an additional fee

Registration is required for all classes at B-REx.com

A: Studio A

B: Studio B

Gymnasium

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.	LES MILLS BODYPUMP A: Susan	Train Like a Pro GYM: Lauren G.	LES MILLS BODYPUMP A: Kimm	Train Like a Pro GYM: Jessica P.	LES MILLS BODYPUMP A: Dinelle		
6 a.m.	SPINNING B: Kate	SPINNING B: Kimm		SPINNING B: Lisa	SPINNING B: Kimm		
7:30 a.m.	SilverSneakers Circuit B: Jaimee	SPINNING 8 a.m. B: Lisa	SilverSneakers Circuit B: Cindy	SPINNING 8 a.m. B: Kimm	SilverSneakers Circuit B: Jaimee	SPINNING Long Ride 7:15 a.m. B: Kate	
7:45 a.m.	LES MILLS BODYPUMP A: Lara	Ultimate Fitness 8 a.m. GYM: Trimbi	LES MILLS BODYPUMP A: Lara	Ultimate Fitness 8 a.m. GYM: Sheri	LES MILLS BODYPUMP A: Susan	LES MILLS BODYSTEP 8:15 a.m. A: Susan	
8:30 a.m.	SilverSneakers Circuit B: Tracy	Tai Chi Wake Up 8 a.m. A: Brandon	SilverSneakers Circuit B: Cindy	Core & Stretch 8 a.m. A: Jessica M	SilverSneakers Circuit B: Trimbi	SPINNING 8:45 a.m. B: Lea	Ultimate Fitness 8:15 a.m. A: Jay
9 a.m.		Power Yoga B: Julie		Power Yoga B: Kimm			
9 a.m.	LES MILLS BODYSTEP A: Katie	LES MILLS BODYPUMP A: Kathy	LES MILLS BODYSTEP A: Susan	LES MILLS BODYPUMP A: Jessica M.	LES MILLS BODYSTEP A: Katie	LES MILLS BODYPUMP 9:30 a.m. A: Trimbi/Sky	Prenatal Yoga B: Briauna
10 a.m.	tone B: Kathy		tone B: Katie	LES MILLS BODYSTEP 10:15 a.m. A: Susan	tone B: Trimbi	Yoga 9:45 a.m. B: Adrien	JAZZERCISE **B
10:15 a.m.	LES MILLS BODYPUMP A: Jessica M.	Spin, Yoga & Sculpt B: Sheri	LES MILLS BODYPUMP A: Solo	Spin, Yoga & Sculpt B: Julie	LES MILLS BODYPUMP A: Kathy	JAZZERCISE 10:45 a.m. **A	LES MILLS BODYPUMP 10:30 a.m. A: Jaala
11 a.m.	Chair Flow Yoga B: Kimm		Chair Flow Yoga B: Julie		Chair Flow Yoga B: Jeannie	Yoga B: Adrien	
11:30 a.m.	Barre A: Jaala	JAZZERCISE 12 p.m. **B	Barre A: Cindy C.	JAZZERCISE 12 p.m. **B	Tai Chi: Forms A: Brandon		
12 p.m.	Beginning Tai Chi 1 p.m. A: Jan	LES MILLS BODYPUMP Express A: Kimm	Continuing Tai Chi 1 p.m. A: Brandon	LES MILLS BODYPUMP Express A: Trimbi			
2 p.m.	SilverSneakers Classic B: Tracy	SilverSneakers Classic B: Linda		SilverSneakers Classic B: Linda			
4 p.m.		Gentle Yoga 4 p.m.: Kathryn F				** Pilates Reformer Classes	
4:30 p.m.		JAZZERCISE **A	SHiNE Dance Fitness 4:15 B: Stephanie	JAZZERCISE **A		Monday 12, 5:30 p.m. Tuesday 8 a.m., noon, 5 p.m. Wednesday 10 a.m., 11 a.m., 5:30 p.m. Thursday 8 a.m., 11 a.m. Saturday 8 a.m., 9 a.m.	
5:30 p.m.	SPINNING B: Lea	Yoga 5:15 p.m. B: Kelly T.	SPINNING B: Bernadette	Yoga 5:15 p.m. B: Kathryn P.	Gentle Yoga B: Kathryn P.		
5:30 p.m.	LES MILLS BODYPUMP A: Jenn	tone A: Katie	LES MILLS BODYPUMP A: Celeste	tone A: Dinelle			
7 p.m.	Yoga B: Kathryn F.	LES MILLS BODYSTEP 6:30 pm A: Crystal	Yoga B: Jeannie			Must first complete Intro to Pilates Reformer	

Barre Fusion: Barre Fusion develops strength, flexibility and endurance while burning calories. This workout will shape and elongate your muscles using props and combination of high intensity sequences of thigh, butt and core exercises at the barre as well as on the floor.

LES MILLS BODYPUMP® - 60 Minutes/BODYPUMP® EXPRESS - 45 Minutes: BODYPUMP® is The Original Barbell Class, the ideal workout for anyone looking to get lean, toned and fit--fast. Using light to moderate weights with lots of repetition, BODYPUMP® gives you a total body workout.

LES MILLS BODYSTEP® - 60 Minutes: BODYSTEP® is an exhilarating, and fun full-body step workout that will leave you feeling strong, agile and inspired. Using a combination of bodyweight, functional bench and optional weight-plate exercises, you'll challenge your muscles, develop coordination and improve your cardio fitness. The height-adjustable steps and options coached by your instructor make this workout perfect for all fitness levels, and the uplifting music will inspire you to push your personal limits.

LES MILLS TONE®-45 Minutes: Tone is the optimal mix of strength, cardio and core training. With options for every fitness level, it's an inclusive workout that's guaranteed to make you feel welcome, successful and supported.

SHINE®-dance fitness program rooted in hip hop, jazz and ballet that provides a balance of high cardio and toning to provide a full-body, mood lifting workout. Prepare to party!

Silver Sneakers® - 50 Minutes: Classic: Exercises include work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed & power. Circuit: A non-impact cardiovascular conditioning class presented in a circuit format with alternating resistance tool work and aerobic conditioning choreography.

Spin® - 45 Minutes: An indoor stationary bike class set to music that is fun and energizing for all fitness levels. Instructors create a ride that can be modified by each participant to get the level of challenge they desire that day, whether they are a first-time or seasoned rider. Remember - you never forget how to ride a bike! First-time riders should arrive 5-10 minutes early for instruction on proper bike set-up.

Spin®, Yoga & Sculpt: Now you do not have to decide between cardio and strength training, you can do both! Experience Spinning followed by strength training using traditional yoga poses with hand weights in this one hour class.

TAI CHI: Taijiquan(Tai Chi) is a Chinese exercise and martial art for the body, mind and spirit. Practiced in a slow, relaxed manner that cultivates bodily alignment and a sense of calm. It improves balance, coordination, circulation and muscle tone. Cheng Man-ch'ing's Yang Short Form via Ben Lo's lineage is taught. **Beginning Tai Chi:** All levels are welcome. This class focuses on basics, including the first third of Cheng Man-ch'ing's Yang Short Form. **Form & Application:** All levels are welcome. Focuses on the first third of Cheng Man-ch'ing's Yang Short Form and applications for each move along with push hands activities. Other internal martial arts concepts will be explored for cultivating mental clarity, physical strength and overall well-being. **Continuing Tai Chi:** Open for those participants that have already learned the first third of Cheng Man-ch'ing's Yang Short Form. This class focuses on the full form and advanced practices such as push hands (mild sparring) and weapons forms. **Tai Chi Wakeup:** Begin your day with the harmonious blend of Qi Gong and Tai Chi, two ancient disciplines renowned for their ability to cultivate inner tranquility and physical vitality. Led by our experienced PDRC Tai Chi instructor, this invigorating class is suitable for all levels. Explore the relaxed, graceful movements of Cheng Man-ch'ing's Yang Tai Chi Short Form, guided step by step with gentle precision. Each session commences with rejuvenating, slow, and meditative Qi Gong exercises crafted to enhance strength, flexibility, posture, and balance, setting the stage for a day filled with centeredness and calmness.

Train Like a Pro - 45 Minutes: Designed to push you to the edge of your comfort level! High intensity intervals -- strength, sprints, plyometric, core work, etc....NOT FOR THE BEGINNER!

Ultimate Fitness: Get the most out of your workout! This class works between intervals of cardio and strength to give you a total body workout.

Yoga (additional fee for non-annual pass holders) - 60 Minutes unless noted differently:

Chair Flow : This class is designed to introduce the basic yoga postures from a seated position to gradually introduce body awareness and posture. During standing postures, the chair is utilized as a prop to allow the body ease and comfort while working with alignment to increase strength and flexibility. This class does not lay or sit on the floor.

Gentle : This class explores standing, seated and lying down poses in a gentle, unhurried way. Come as you are; self-acceptance is the first step. This class is appropriate for those working through injury, limited mobility, or who prefer a softer, gentler approach to yoga.

Yoga : In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated to promote balance through the nervous system and allow for a sense of peace and relaxation. This class is appropriate for all levels.

Power: Build strength and tone your whole body as you move through a variety of poses while connecting with your breath while increasing your heart rate. You will leave feeling powerful, strong and ready for anything. This is the most challenging yoga practice in our facilities.