

group fitness class descriptions///

ARMED & DANGEROUS: 30-minute weight class focused on building the upper body and core.

BARRE: Based on ballet training, focusing on long lean muscles, this workout will get the sweat rolling! Every class is a different challenge!

BARRE classes are free for members, \$12 for all others

BODY FUSION: 30 minute class includes high-reps and light weights to strengthen & tone your entire body.

CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a circuit workout utilizing bands, balls and chairs for support. (*Silver Sneakers*®)

CLASSIC: Includes a variety of exercises designed to increase Muscular Strength & Range Of Motion utilizing balls, bands & chairs for support. (*Silver Sneakers*®)

COMPLETELY FIT: 30 Minutes of all out POWER Focusing on core strength, flexibility to work all major muscle groups. Not your average weight lifting class, challenging but plenty of modifications. Everyone welcome.

CORE CYCLE: Intervals of all out core & cardio training. Hit this class & get the core strength & cardio you know you need!

CORE DE FORCE: This Beachbody® live class is broken into 3-min rounds of punching, kicking & jabbing. These boxing, kickboxing & Muay Thai moves blast fat, strengthen the core and define your abs!

CRAZY FIT: Super intense, high impact workout like no other! It's challenging but it's worth it to push yourself to that next level!

CSI CYCLING: Cardio Strength Intervals - Combo of High Cardio Spinning & Power Strength Training.

CYCLE POWER: Jump into something new and challenging! This class will interval the cardio of cycling with core strength, power, endurance and flexibility using weights and body weight training.

CYCLING: Class simulates an outdoor ride filled with hills, sprints & other terrains. Music and fun included!

FIT & FAB: Multi-level workout with cardio, weights, & core work and a little boxing mix! Designed to improve balance, strength, flexibility & cardiovascular health. Look FABULOUS in no time!

HIP HOP SPIN: Join Amanda for this fun, energetic, not your average spin class! Adding in upper body strength moves while riding not only adds to the fun it adds to your calorie burn!

For questions or more info, visit us online at www.vwcparksrec.com or contact Fitness/Aquatics Manager Tefany Bleuel at (859) 873-5948 / tbleuel@vwcparksrec.com.

POWER HOUR: This boot camp style class has intervals of weights, plyometrics and even a few kicks. You'll break a sweat and see results!

POWER YOGA: 30 Minutes of heat building, challenging poses and stretches to build strength and balance.

R.I.P.P.E.D. BOOTCAMP: The One Stop Body Shock®! This workout that encompasses all aspects of physical fitness - Resistance, Interval, Power, Plyometrics, Endurance & Diet.

TRX MIX: Don't miss this full-body, butt-kicking workout! Using the TRX strap & whatever she can find, Coach Kelly will mix it up, keeping your body guessing what's next!

TRX: Join Coach Heather Alexander for a TRX workout designed to torch calories all day! This class will test your strength & willpower! Get up early & get in here...it's worth it!

TRX classes are free for members, \$12 for all others

SWAT: Spinning, Weights, Abs & Toning. This class is a challenging mix of cardio and strength training.

SILVERSNEAKERS® YOGA: Move your body through a complete series of seated & standing yoga poses using chair support to safely perform a variety of postures designed to increase flexibility.

WERQ: Don't miss this wildly addictive cardio dance class! WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music. Expect to burn 500-900 calories during this fun workout!

WERQ STRONG: All the fun of the WERQ class PLUS the challenge of intervals using light hand weights!

YOGA: Beginning or advanced, each class will provide a flowing blend for balances, flexibility & relaxation!

ZUMBA®: Combine high-energy music with unique moves & combinations that allow you to dance your worries away & get a great workout. Dance experience NOT required.



group fitness schedule///




FALLING SPRINGS
CENTER
MORE THAN JUST A GYM




EFFECTIVE 5.4.18

FITNESS SCHEDULE

(schedule subject to change)

FOR UPDATES & DETAILS ON MORE AMAZING PROGRAMS, VISIT WWW.VWC PARKSREC.COM!



SPRING 2018
EFFECTIVE 5.4.18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM CYCLE POWER Tefany		5:30 AM TRX Heather <i>Members FREE / All others \$12</i>		5:30 AM CYCLING/CORE DE FORCE ROTATION Missy	8:00 AM SATURDAY ROTATION Barre Cycling Core De Force RIPPED <i>Check the rotation schedule posted at Falling Springs Center for details.</i>	1:00 PM CORE DE FORCE Jessica
8:15 AM CORE CYCLE Geri	8:15 AM POWER HOUR Tamie	8:15 AM COMPLETELY FIT Tefany Tefany 8:45AM POWER YOGA	8:15 AM S.W.A.T. Geri	8:15 AM CRAZY FIT Geri		2:00 PM BARRE Danielle <i>Members FREE / All others \$12</i>
9:15 AM FIT N FAB Geri	9:00 AM BARRE Danielle <i>Members FREE / All others \$12</i>	9:30 AM FIT N FAB Michelle	9:15 AM FIT N FAB Tamie *Court 3	9:15 AM INDOOR CYCLING Tamie	9:00AM YOGA Teresa	3:00 PM YOGA Danielle
9:00 AM TRX MIX Kelly <i>Members FREE / All others \$12</i>	10:00 AM WERQ STRONG ASHLEIGH		9:15AM WERQ Ashleigh	10 AM ARMED & DANGEROUS Tamie 30 minute class	10:00AM ZUMBA Amanda	fitness hours M-F: 5:30 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM
10:30 AM CIRCUIT <i>*Silver Sneakers</i>	9:45AM CLASSIC <i>*Silver Sneakers</i>	10:30 AM CIRCUIT <i>*Silver Sneakers</i>	10:30 AM CLASSIC <i>*Silver Sneakers</i>	10:30 AM FIT N FAB Michelle		
11:15 AM SS-YOGA <i>*Silver Sneakers</i>		11:15 AM SS-YOGA <i>*Silver Sneakers</i>	11:15 AM SS-YOGA <i>*Silver Sneakers</i>			

childcare hours
Monday - Friday
8 AM -12 PM
4 PM-8 PM
Saturday
7:45 AM-12 PM

   **CHECK IN & CHECK US OUT FOR UPDATES, CHANGES & MORE!**



4:30 PM R.I.P.P.E.D. Cinnamon	4:30 PM CORE DE FORCE Heather	4:30 PM BODY FUSION Geri 30 minute class 5:00 PM CYCLING & WEIGHTS Geri	4:30 PM BARRE Michelle <i>Members FREE / All others \$12</i>
5:30 PM CSI CYCLING Tamie	5:30 PM BARRE Danielle <i>Members FREE / All others \$12</i>	5:30 PM TRX Heather <i>Members FREE / All others \$12</i>	5:30 PM R.I.P.P.E.D. BOOTCAMP Cinnamon
6:30 PM HIP HOP SPIN Amanda	6:30PM YOGA Tracie	6:00 PM YOGA Rotating	
	7:30PM WERQ Ashleigh	7:00 PM ZUMBA Amanda	 Tue/Fri 11:30 AM

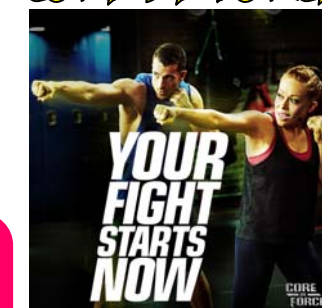
NEW TRX 

Mondays @ 9:00AM
Wednesdays @ 5:30 AM
Wednesdays @ 5:30 PM

MEMBERS FREE / ALL OTHERS \$12

BEYOND BARRE
Barre classes are now included with Gold, Silver & Bronze memberships!
Speciality Class Fee: \$12 for Non-Members

CORE DE FORCE



TUESDAYS @ 4:30 PM
SUNDAYS @ 1:00 PM