

group fitness class descriptions///

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

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: 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!

PIYO: This hybrid class blends Plates & Yoga in a way that increases strength, balance, & agility. This workout provides an incredible experience that will help you lose weight & completely transform your body!

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

R.I.P.P.E.D. The One Stop Body Shock® a workout that encompasses all aspects of physical fitness Resistance, Interval, Power, Plyometrics, Endurance and 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

SENIOR FIT: Energizing workout using low impact movements combined with light resistance to give you an all over workout.

SENIOR YOGA: Gentle, yet challenging stretches & postures leading to a more balanced, strong & healthy life!

SS-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. (*Silver Sneakers*®)

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

TONE UP THE BEAT! - This hot, new class mixes cardio dance with light weight toning. Can't dance, don't worry, it's all about the cardio! All levels welcome!

WERQ Wildly addictive cardio dance class, WERQ! 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!



YOGA: Beginning or advanced, each class will provide a flowing blend for balances, flexibility and 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.

*Are you a new to Falling Springs?
Are you ready to make a change?
Been away but ready to make a come back?*

If this sounds like you, join Instructor Kelly Carl for FS101 (Falling Springs 101)! This class will provide you with an introduction to weights, fitness equipment, classes & more!

*If you aren't sure where to start...start here!
Contact tbleuel@vwcparksrec.com for details.*

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.

group fitness schedule///




FALLING SPRINGS
CENTER
MORE THAN JUST A GYM




EFFECTIVE 2.2.18

FITNESS SCHEDULE

(schedule subject to change)



BE SURE TO CHECK OUT THE WINTER WEATHER POLICY POSTED AT WWW.VWCPARKSREC.COM!

WINTER 2018
EFFECTIVE 2.2.18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM CYCLE POWER Tefany		5:30 AM TRX Heather BEGINS JAN 24 Members FREE / All others \$12		5:30 AM CYCLING Missy	8:00 AM SATURDAY ROTATION Barre Cycling Core De Force RIPPED Check the rotation schedule posted at Falling Springs Center for details.	1:00PM CORE DE FORCE Jessica Begins Feb 4 NEW
8:15 AM CORE CYCLE Geri NEW TIME!	8:15 AM POWER HOUR Tamie NEW TIME!	8:15 AM COMPLETELY FIT Tefany NEW TIME! 8:45AM POWER YOGA	8:15 AM S.W.A.T. Geri NEW TIME!	8:15 AM CRAZY FIT Geri		2:00 PM BARRE ROTATES BEGINS FEB 11 Members FREE / All others \$12
9:15 AM FIT N FAB Geri	9:00 AM PIYO Sharon	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 ROTATES
9:00 AM TRX MIX Kelly BEGINS JAN 22 Members FREE / All others \$12	10:00 AM TONE UP THE BEAT Jennifer		9:15AM WERQ Ashleigh NEW	10 AM ARMED & DANGEROUS Tamie 30 minute class	10:00AM ZUMBA Amanda	fitness hours M-F: 5:30 AM-10 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM childcare hours Monday - Friday 8 AM -12 PM 4 PM-8 PM Saturday 7:45 AM-12 PM
10:30 AM CIRCUIT *Silver Sneakers	10:30 AM CLASSIC *Silver Sneakers *Court 1	10:30 AM CIRCUIT *Silver Sneakers	10:30 AM CLASSIC *Silver Sneakers	10:30 AM SENIOR FIT		
11:15 AM SS-YOGA *Silver Sneakers		11:15 AM SS-YOGA *Silver Sneakers	11:15 AM SS-YOGA *Silver Sneakers	11:15 AM SENIOR YOGA		

f t i 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 BEGINS FEB 8 Members FREE / All others \$12
5:30 PM CSI CYCLING Tamie	5:30 PM BARRE Rotates BEGINS FEB 6 Members FREE / All others \$12	5:30 PM TRX Heather BEGINS MAR 14 Members FREE / All others \$12	5:30 PM R.I.P.P.E.D. Cinnamon
6:30 PM TONE UP THE BEAT Jennifer	6:30PM YOGA Tracie	6:00 PM YOGA Rotating	
	7:30PM WERQ Ashleigh NEW	7:00 PM ZUMBA Amanda	 Tue/Fri 11:30 AM

NEW TRX 

Mondays @ 9 AM
Wednesdays @ 5:30 AM
Coming March 14 @ 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

YOUR FIGHT STARTS NOW

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