

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!

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 challenging! This class will interval cardio cycling with core strength, power, endurance & flexibility.

FAST-N-FURIOUS: 30 minute express class designed to push you to the limits and let you get your workout in while the kids play in childcare or responsibly close by in the gym.

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!

K30X: Based on a popular workout format, this is a total-body strength & cardio class that will help you blast fat & build lean muscle. Kristin will help motivate and push you to push yourself. **30 minute express class**

KETTLEBELL KRAZE: Swing your way into power, strength and stability! Using kettlebells and proper technique, you will get your cardio and muscle building workouts accomplished each week!

POWER HOUR: This boot camp style class has intervals of weights, plyometrics and even a few kicks.

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

PUMP IT UP: Shape, Tone, Strengthen. This 45 minute barbell class is for anyone looking to get toned and fit. High repetition movements with low weight loads.

R.I.P.E.D. BOOTCAMP: The One Stop Body Shock®! This workout encompasses all aspects of physical fitness. Using hand weights and bodyweight for cardio.

SURF-N-TURE: Combining the best of water and land fitness. You do not have to be a swimmer and don't worry you will not get cold! Mix up routine with this 1 of a kind workout. A little easier on the joints but pushing you body to the limits with intervals, stations and rotations to keep your body guessing! Bring clean tennis shoes that can get wet and feel free to wear regular workout clothes.

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.

The HOME STRETCH: Missing something from your workout? This class will help you gently stretch the major and minor muscle groups. Incorporating all levels from seated to floor, learn the best stretches for your problem areas.

TRX: A workout designed to torch calories all day! This class will test your strength & willpower using body weight exercises and the suspension trainer.

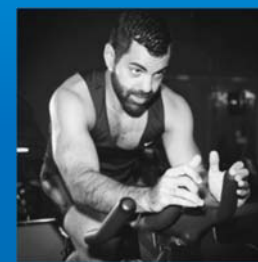
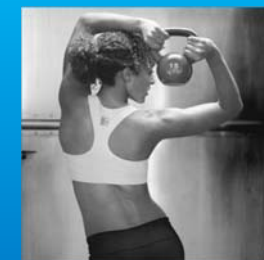
WERQ: Don't miss this wildly addictive cardio dance class! WERQ is the fiercely fun dance fitness workout based on pop and hip hop music. Burn 500+ calories during this fun workout!

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 12.19.18

FITNESS SCHEDULE

(schedule subject to change)



Fitness & Aquatics are now utilizing the REMIND app!
Sign up today to get notifications on weather cancelations or last minute schedule changes! Just download Remind to your smartphone and sign up for FS LAND GROUP FITNESS notifications!
Questions? Contact the office!

WINTER SCHEDULE

EFFECTIVE 12.19.18

For more info:
Web: vwcparksrec.com
Fitness Aquatics Office: (859) 873-5948 / tbleuel@vwcparksrec.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM CYCLE POWER Tefany		5:30 AM TRX MIX Heather <i>Meets on Court 3</i>	8:15 PUMP IT UP Keli <i>Meets on Court 1</i>	5:30 AM SPIN N CORE Danielle NEW CLASS	8:00 AM SATURDAY ROTATION 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
8:15AM CYCLE AND CORE 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	8:00AM TRX Heather <i>Meets on Court 3</i> BEGINS JAN 5 NEW CLASS	2:00 PM BARRE Danielle
9:00 AM TRX MIX Kelly <i>*Meet on Court 3</i>	9:00 AM BARRE Danielle NEW CLASS	8:30AM SURF N TURF Kristin <i>*Meets in main pool</i> BEGINS JAN 9	9:15 AM FIT N FAB Tamie <i>Meets on Court 1</i>	9:15 AM INDOOR CYCLING Tamie	9:00AM YOGA Teresa	3:00 PM YOGA Danielle
9:15AM FIT N FAB Geri	10:00 AM WERQ STRONG Ashleigh	9:15AM THE HOME STRETCH Ann * Court 1 BEGINS JAN 16 NEW CLASS	9:15AM WERQ Ashleigh	10 AM ARMED & DANGEROUS Tamie <i>30 minute class</i>	10:00AM ZUMBA Amanda	fitness hours M-Th: 5:30 AM-10 PM Fri: 5:30 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM
10:30 AM CIRCUIT <i>*Silver Sneakers</i>	10:30AM CLASSIC <i>*Silver Sneakers</i>	9:30 AM FIT N FAB Michelle	10:30 AM CLASSIC <i>*Silver Sneakers</i>	10:30 AM FIT N FAB Michelle		
11:00AM FAST N FURIOUS Kristin <i>Meets on Court 1</i> *30-min express class BEGINS JAN 7 NEW CLASS		10:30 AM CIRCUIT <i>*Silver Sneakers</i>	11:00AM FAST N FURIOUS Kristin <i>Meets on Court 1</i> *30-min express class BEGINS JAN 10 NEW CLASS	11:30 AM BARRE Danielle		
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>			
4:30 PM R.I.P.P.E.D. Cinnamon	4:30 PM CORE DE FORCE Heather	4:30 PM BODY FUSION Geri <i>30 minute class</i>	4:30 PM KETTLEBELL KRAZE Cinnamon BEGINS JAN 3 NEW CLASS	<p>TRX</p> <p>Mondays @ 9:00AM Wednesdays @ 5:30 AM Wednesdays @ 5:30 PM Saturdays @ 8am</p>	<p>CORE DE FORCE</p> <p>YOUR FIGHT STARTS NOW</p> <p>TUESDAYS @ 4:30 PM SUNDAYS @ 1:00 PM</p>	
5:30 PM CSI CYCLING Tamie	5:30 PM BARRE Danielle	5:00 PM CYCLING & WEIGHTS Geri	5:30 PM R.I.P.P.E.D. BOOTCAMP Cinnamon			
	6:30PM K30X Kristin *30-min express class BEGINS JAN 8 NEW CLASS	6:00 PM YOGA Rotating	6:30 PM BARRE Danielle	<p>Kettlebell Kraze</p> <p>Tu/Th/Fri 11:30 AM</p>	<p>BEYOND BARRE</p>	
7:00PM HIP HOP SPIN Amanda	7:00 PM WERQ Ashleigh	7:00 PM ZUMBA Amanda				



Tu/Th/Fri
11:30 AM



BEYOND BARRE