

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!

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: 45 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. *Class will meet outside on occasion. Each week is different, never the same class twice!

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.

Endurance Cycling-Test your endurance with this challenging cardio cycling class. Sit down, buckle up and get ready to push your endurance to the next level.

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!

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 Bootcamp: 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!

OUT OF THE BOX: In this cross training class you will learn proper form, defensive moves & punches, working your arms, core, legs & heart! This class uses mitts, kettlebells and other strength training techniques and is open to men & women of all fitness levels! **HARD WORK PAYS OFF!**



Roof-Top YOGA: 45 min of heat building, challenging poses and stretches to build strength and balance. *Weather permitting, meet at top of back stairwell

PUMP IT UP: Shape, Tone, Strengthen. This 30 minute barbell class is for anyone looking to get toned and fit. High repetition movements with low weight loads.

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

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.

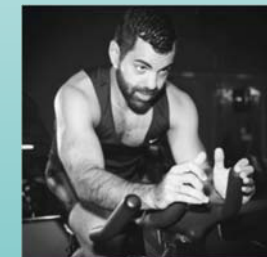
WERQ: Don't miss this wildly addictive cardio dance class! WERQ is the fiercely fun dance fitness workout based on pop and hip hop music. Burn 500+ calories during this fun workout!

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



UPDATED 4.29.19

FITNESS SCHEDULE

(schedule subject to change)










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

SPRING SCHEDULE

UPDATED 4.29.19

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>			8:00 AM SATURDAY ROTATION Boxing/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 S.W.A.T. Geri	8:15 AM POWER HOUR Tamie	8:00 AM COMPLETELY FIT Tefany/Katie (45 min) <i>New Time begins 5/22</i>	8:15 AM S.W.A.T. Geri	8:15 AM CRAZY FIT Geri	8:00AM TRX Heather <i>Meets on Court 3</i>	2:00 PM BARRE Danielle
9:00 AM TRX MIX Kelly <i>*Meet on Court 3</i>	9:00 AM BARRE Danielle	9:00 AM ROOF-TOP YOGA Tefany/Katie (45 min) <i>Class meet at top of back stairwell</i>	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	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> <i>*30-min express class</i>		10:30 AM CIRCUIT <i>*Silver Sneakers</i>		11:30 AM BARRE Danielle	BEYOND BARRE	childcare hours Monday - Friday 8 AM -12 PM 4 PM-8 PM Saturday 7:45 AM-12 PM
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 (45 min)	4:30 PM HITT CIRCUIT Heather	4:30 PM PUMP IT UP Geri <i>*30-min express class</i>	4:30PM FAST N FURIOUS Kristin <i>*30-min express class</i> <i>Begins 5/23</i>	 <p>TRX Mondays @ 9:00AM Wednesdays @ 5:30 AM Wednesdays @ 5:30 PM Saturdays @ 8am</p>		
5:15 PM CSI CYCLING Tamie (45 min) <i>New Time begins 5/20</i>	5:30 PM BARRE Danielle	5:00PM ENDURANCE CYCLING Geri (45 min)	5:00 KETTLEBELL BOOTCAMP Cinnamon <i>New Time begins 5/23</i>	 <p>Pickleball Tu/Th/Fri 11:30 AM</p>		
6:00PM OUT OF THE BOX Katie (45 min) <i>Begins 5/20</i>	6:30PM K30X Kristin <i>*30-min express class</i>	5:30 PM TRX Heather <i>*Meets on Court 3</i>	6:00 PM BARRE Danielle <i>New Time begins 5/23</i>	 <p>CORE DE FORCE YOUR FIGHT STARTS NOW SUNDAYS @ 1:00 PM</p>		
	7:00 PM WERQ Ashleigh	6:00 PM YOGA Rotating		 <p>Thurs @ 5pm Begins 5/15 Kettlebell Bootcamp</p>		
		7:00 PM ZUMBA Amanda		 <p>Mondays @ 6pm Begins 5/20 OUT of the BOX</p>		