

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: 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. *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.

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!

K3OX: 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!

**Gloves are recommended but not required.*

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 varying weight loads.

PURE STRENGTH: Build your strength with this full body workout. Using hand weights, barbells and bands, you will sculpt those muscles while in the fat burning zone!



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: 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: This class will test your strength & willpower using body weight exercises and the suspension trainer.

BACK BY POPULAR DEMAND, THAT'S RIGHT STEP BABY!

STEPPIN' UP: Keeping with the old school step routines but with a new twist! Whether you are an experienced stepper or brand new to step you will have so much fun in this NEW class!

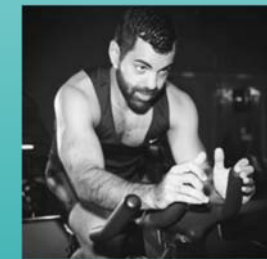


STEPPIN' STRONG: All the fun of the Steppin' Up class PLUS the challenge of intervals using light hand weights!

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.

group fitness schedule///




FALLING SPRINGS
CENTER
MORE THAN JUST A GYM



Effective 9.3.19

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!

SCHEDULE

UPDATED 9.3.19

FOR MORE INFORMATION:
www.vwcparksrec.com
 Fitness/Aquatics Office: 873-5948 x 4814
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>		5:30 AM CYCLING Danielle	8:00 AM SATURDAY ROTATION Boxing/Cycling/Core De Force/Ripped <i>Check the rotation schedule posted at</i>	1:00 PM CORE DE FORCE Jessica
8:15AM S.W.A.T. Geri	8:15 AM POWER HOUR Tamie	8:15 AM COMPLETELY FIT Tefany (30 minutes)	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 Sharon
9:00 AM TRX MIX Kelly <i>*Meet on Court 3</i>	9:00 AM BARRE Danielle	9:00 AM ROOF TOP YOGA Tefany (45 min) <i>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 PURE STRENGTH Sharon NEW CLASS!
9:15AM FIT N FAB Geri	10:00 AM STEPPIN STRONG Emily IT'S BACK!		9:15AM STEPPIN UP Emily IT'S BACK!	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 K30X Kristin <i>Meets on Court 1</i> <i>*30-min express class</i>		10:30 AM CIRCUIT <i>*Silver Sneakers</i>		10:30 AM TAI CHI Linda Multi Purpose Room		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>	11:30 AM BARRE Danielle		
4:30 PM R.I.P.P.E.D. Cinnamon (45 min)	4:00 PM TAI CHI Linda—Outside at Pavilion	4:30 PM PUMP IT UP Geri <i>*30-min express class</i>	4:30PM K30X Kristin <i>*30-min express class</i>			
	4:30 PM HITT CIRCUIT Heather	5:00PM ENDURANCE CYCLING Geri (45 min)				
5:15 PM CSI CYCLING Tamie (45 min)	5:30 PM BARRE Danielle	5:30 PM TRX Heather <i>*Meets on Court 3</i>	5:00 KETTLEBELL BOOTCAMP			
6:00PM OUT OF THE BOX Katie (45 min)	6:30PM K30X Kristin <i>*30-min express class</i>	6:00 PM YOGA Rotating	6:00 PM BARRE Danielle			
	7:00 PM WERQ Ashleigh	7:00 PM ZUMBA Amanda				
				Mondays @ 9:00AM Wednesdays @ 5:30 AM Wednesdays @ 5:30 PM Saturdays @ 8am	Tu/Th/Fri 11:30 AM	OUT OF THE BOX