

# SPECIAL FITNESS SCHEDULE



Fitness & Aquatics uses the REMIND app to communicate cancellations & last minute schedule changes. Sign up today for free!  
SEE REVERSE FOR DETAILS!

**SEPT**  
UPDATED 9.25.20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPIN POWER <i>Tefany - Spin Room</i>		5:30 AM TRX MIX <i>Heather - Court 2</i>				1:00 PM CORE DE FORCE <i>Jessica - Aerobics Room</i>
8:15 AM SPIN <i>Geri - Spin Room</i>	8:15 AM POWER HOUR <i>Tamie - Court 1</i>	8:15 AM TRX MIX <i>Kelly - Court 2</i>	8:15 AM SPIN <i>Geri - Spin Room</i>	8:15 AM CRAZY FIT <i>Geri - Court 1</i>	8:00AM TRX <i>Heather - Court 2</i>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>fitness hours</p> <p>M-F: 5:30 AM-9 PM</p> <p>Sat: 7 AM-7 PM</p> <p>Sun: 10 AM-7 PM</p> </div>
8:15 AM FUN IN SUN <i>Jen - Water Aerobics</i> <i>INDOOR POOL</i>	8:15 AM FUN IN SUN <i>Tina - Water Aerobics</i> <i>INDOOR POOL</i>	8:15 AM FUN IN SUN <i>Jen - Water Aerobics</i> <i>INDOOR POOL</i>	8:15 AM FUN IN SUN <i>Tina - Water Aerobics</i> <i>INDOOR POOL</i>	9:15 AM SPIN/ARMS/ABS <i>Tamie - Spin Room</i>		
8:15 AM TRX MIX <i>Kelly - Court 2</i>			9:15 AM FIT N FAB <i>Tamie - Court 1</i>	9:15 AM ESSEINTRICS <i>Pamala - Court 1</i>	9:00 AM YOGA <i>Teresa</i>	
9:15AM FIT N FAB <i>Geri - Court 1</i>		9:15 AM ESSEINTRICS <i>Pamala - Aerobics Room</i> <i>*Class size limited to 9</i>		10:30 AM SILVERSPASH <i>Pam - Water Aerobics</i> <i>*Silver Sneakers</i> <i>INDOOR POOL</i>		
9:15 AM ESSEINTRICS <i>Pamala - Aerobics Room</i> <i>*Class size limited to 9 only*</i>		9:30 AM FIT N FAB <i>Michelle - Court 1</i>	10:30 AM CLASSIC <i>*Silver Sneakers - Court 1</i>	10:30 AM FIT N FAB <i>Michelle - Court 1</i>		
10:30AM CIRCUIT <i>*Silver Sneakers - Court 1</i>	10:30AM CLASSIC <i>*Silver Sneakers - Court 1</i>	10:30 AM CIRCUIT <i>*Silver Sneakers - Court 1</i>		10:45 AM TAI CHI <i>Linda - Multi-Purpose Rm</i>		
	4:00 PM TAI CHI <i>Linda - Multi-Purpose Rm</i>	4:30 PM PUMP & SPIN <i>Geri - Aerobics/Spin Room</i>				
5:15 PM CSI SPIN <i>Tamie - Spin Room</i>	5:00PM RIPPED <i>Cinnamon - Court 1</i>	5:30 PM TRX <i>Heather - Court 2</i>	5 PM PURE STRENGTH <i>Cinnamon - Court 1</i>			
5:30 PM BOOTCAMP <i>Cinnamon - Court 1</i>		6:00 PM YOGA <i>Rotating Instructors</i>				
5:30 PM TRX MIX <i>Heather - Court 2</i>	7:00 PM WERQ <i>Ashleigh - Court 1</i>	7:00 PM ZUMBA <i>Amanda - Court 1</i>				

- ## NOTES & REMINDERS
- Maintain social distancing at all times
  - When possible, bring your own equipment (i.e., mats, straps, etc).
  - Wear a mask when entering & leaving the Center.
  - Locker Rooms are closed
  - Please wipe down equipment before and after use.
  - Bring a water bottle (water fountains are disabled, bottle fillers are available).

**Pick-up Pickleball**  
Tu / Th / Fri  
11:30 AM  
@ the Pickleball Courts  
(located behind outdoor pool entrance)

**WHERE DOES A CLASS MEET?**  
**CHECK TABLE CELLS FOR CLASS LOCATION**

# group fitness class descriptions///

*\*CLASS OFFERINGS ARE SUBJECT TO CHANGE*

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

**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*®)

**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.

**ESSENTRICS:** This full-body stretching & strengthening class is designed to rebalance & lengthen muscles & decompress joints. Combines ballet strengthening, tai chi fluidity & physiotherapy techniques.

**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!

**FUN IN THE SUN:** Join us in the indoor pool for a circuit style workout while enjoying the sunshine in our 167 window notarium! All levels welcome.

**PUMP & SPIN:** Shape, Tone, Strengthen. This 30 min barbell class includes high rep movements with varying weight loads and is followed by spinning intervals to burn those calories!

**PURE STRENGTH:** If you want to step up your muscle 'gain', challenge yourself by joining Cinnamon and the crew for a fun weightlifting, sweat dripping time!

**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.

**SILVERSNEAKERS® Splash:** A fun, shallow-water exercise class that uses a splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance 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.

**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!

**SWAT:** Join Cinnamon in this new class! SWEAT, WORK & TRANSFORM!

**TAI CHI:** A practice of graceful form of exercise, involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

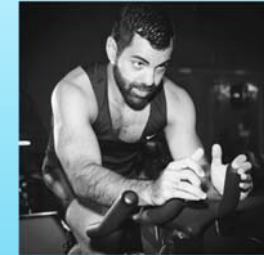
**TRX:** This class will test your strength & willpower using body weight exercises and the suspension trainer.

**WERQ:** This class is the wildly addictive dance fitness class that blends athletic dance moves with the hottest pop, rock, and hip-hop music.

**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///



Effective 9/25/20

  
remind  
2 WAYS TO SIGN UP

TEXT

- ⇒ Send a text to 81010
- ⇒ Text @b6943e for Land Group Fitness Updates
- ⇒ Text @cd37c9 for Water Fitness Updates.

ONLINE

- ⇒ On a browser go to remind.com/join
- ⇒ Enter @b6943e for Land Group Fitness Updates
- ⇒ Enter @cd37c9 for Water Fitness Updates
- ⇒ Enter your name & phone number when prompted.

FOR MORE INFORMATION: [www.vwcparksrec.com](http://www.vwcparksrec.com) | 873-5948 x 4814 | [tbleuel@vwcparksrec.com](mailto:tbleuel@vwcparksrec.com)