






SPECIAL FITNESS SCHEDULE

NOTICE REGARDING EVENING CLASSES!

Beginning January 1, the gym schedule is changing. As a result, evening classes will meet upstairs & REQUIRE PRE-REGISTRATION. This is so we can manage class size & meet COVID-19 requirements. If you have never used the online registration system, call or stop by the office & we can give you the information you'll need to register.

JANUARY EFFECTIVE 1.5.21

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 3</i>				1:00 PM CORE DE FORCE <i>Jessica - Aerobics Room</i>
8:15 AM SPIN MIX <i>Geri - Spin Room</i>	8:15 AM POWER HOUR <i>Tamie - Court 1</i>	8:15 AM TRX MIX <i>Kelly - Court 3</i>	8:15 AM SPIN BOOTCAMP <i>Geri - Spin Room</i>	8:15 AM CRAZY FIT <i>Geri</i>	8:00AM TRX <i>Heather - Court 3</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 Sat: 7 AM-7 PM Sun: 10 AM-7 PM</p> </div>
9:00 AM FUN IN SUN  <i>Jen - Water Aerobics</i> INDOOR POOL	9:00 AM FUN IN SUN  <i>Tina - Water Aerobics</i> INDOOR POOL	9:00 AM FUN IN SUN  <i>Jen - Water Aerobics</i> INDOOR POOL	9:00 AM FUN IN SUN  <i>Tina - Water Aerobics</i> INDOOR POOL	9:15 AM SPIN/ARMS/ABS <i>Tamie - Spin Room</i>		
8:15 AM TRX MIX <i>Kelly - Court 3</i>			9:15 AM FIT N FAB <i>Tamie - Court 1</i>	9:15 AM STRETCH & ENERGIIZE <i>Pamala - Court 1</i>	9:00 AM YOGA <i>Teresa</i>	
9:15 AM STRETCH & TONE <i>Pamala - Aerobics Room</i> *Limited to 9 participants	9:15 AM STEPPINUP <i>Emily</i>	9:15 AM STRETCH & RELEASE <i>Pamala - Aerobics Room</i> *Limited to 9 participants	9:15 AM STEPPINUP <i>Emily</i>	10:30 AM SILVERSPASH <i>Pamela - Water Aerobics</i>  *Silver Sneakers INDOOR POOL		
9:15AM FIT N FAB <i>Geri - Court 1</i>	10:30AM CLASSIC *Silver Sneakers - Court 1 <i>Pamela</i>	9:30 AM FIT N FAB <i>Michelle - Court 1</i>		10:30 AM FIT N FAB <i>Michelle - Court 1</i>		
10:30AM CIRCUIT *Silver Sneakers - Court 1 <i>Michelle</i>	11:15AM SS YOGA *Silver Sneakers - Court 1 <i>Pamela</i>	10:30 AM CIRCUIT *Silver Sneakers - Court 1 <i>Michelle</i>	10:30 AM CLASSIC *Silver Sneakers - Court 1 <i>Pamela</i>	10:15 AM TAI CHI <i>Linda - Multi-Purpose Rm</i>		
	4:00 PM TAI CHI <i>Linda - Multi-Purpose Rm</i>	4:30 PM PUMP UP 5:00 SPIN BOOTCAMP <i>Geri - Aerobics/Spin Room</i>				
5:15 PM CSI SPIN <i>Tamie - Spin Room</i>	5:00PM RIPPED <i>Cinnamon</i>	5:30 PM TRX <i>Heather - Court 3</i>	5 PM PURE STRENGTH <i>Cinnamon</i>			
5:30 PM TRX MIX <i>Heather - Court 3</i>	6:00 PM BARRE <i>Stephanie</i>	6:00 PM YOGA <i>Rotating Instructors</i>	6:00 PM BARRE <i>Teresa</i>			
	7:00 PM WERQ <i>Ashleigh</i>	7:00 PM ZUMBA <i>Amanda</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.
- Please wipe down equipment before and after use.
- Bring a water bottle (water fountains are disabled, bottle fillers are available).



**Pick-up Pickleball
Mon / Wed / Fri**

**Contact Tefany
for details:
tbleuel@uweparksrec.com**

**Or go to
Versailles Pickleball
Facebook Page**



Fitness & Aquatics uses the REMIND app to communicate cancellations & last minute schedule changes.

Sign up today for free!

SEE REVERSE FOR DETAILS!

group fitness class descriptions//

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

BARRE: An all level workout that blends elements from different exercise styles including ballet, pilates, and yoga. We welcome first-timers, and your instructor will use hands-on guidance to help you get used to moving your body in new ways.

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, Endurance & 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.

TONE/RELEASE/ENERGIZE: This full-body stretch & strengthen class series is designed to rebalance & lengthen muscles, decompress joints, relieve pain, improve posture & balance. Combines ballet, tai chi, and 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 suitable for all skill levels and safe for non-swimmers. Designed to increase endurance, strength and balance.

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, posture and range of motion.

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 class!

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 1.5.21


remind
2 WAYS TO SIGN UP

TEXT

- ⇒ Send a text to 81010
- ⇒ Text @fslandfit2 Land Group Fitness Updates
- ⇒ Text @cd37c9 for Water Fitness Updates.

ONLINE

- ⇒ On a browser go to remind.com/join
- ⇒ Enter @fslandfit2 for Land Group Fitness Updates
- ⇒ Enter @cd37c9 for Water Fitness Updates
- ⇒ Enter your name & phone number when prompted.

FOR MORE INFORMATION: www.vwcparksrec.com | 873-5948 x 4814 | tbleuel@vwcparksrec.com