

SPECIAL FITNESS SCHEDULE

NOTICE REGARDING EVENING CLASSES!

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.

SPRING 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPIN POWER Tefany - Spin Room	5:30 AM TRAIN 360 Evan	5:30 AM TRX MIX Heather - Court 3	5:30 AM TRAIN 360 Evan	8:15 AM TRX MIX Kelly - Court 3		1:00 PM CORE DE FORCE Jessica - Aerobics Room
8:15 AM SPIN MIX Geri - Spin Room	8:15 AM POWER HOUR Tamie - Court 1	8:15 AM TRX MIX Kelly - Court 3	8:15 AM SPIN BOOTCAMP Geri - Spin Room	8:15 AM CRAZY FIT Geri	8:00AM TRX Heather - Court 3	<div style="border: 2px 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>
9:15 AM FUN IN SUN Jen - Water Aerobics INDOOR POOL 	9:15 AM FUN IN SUN Tina - Water Aerobics INDOOR POOL 	9:15 AM FUN IN SUN Jen - Water Aerobics INDOOR POOL 	9:15 AM FUN IN SUN Tina - Water Aerobics INDOOR POOL 	9:15 AM SPIN/ARMS/ABS Tamie - Spin Room	8:00AM CARDIO ROTATION Will be posted on REMIND	
8:15 AM TRX MIX Kelly - Court 3			9:15 AM FIT N FAB Tamie - Court 1	9:15 AM STRETCH & ENERNGIZE Pamala - Court 1	9:00 AM YOGA Teresa	
9:15 AM STRETCH & TONE Pamala - Aerobics Room *Limited to 9 participants	9:15 AM STEPPIN' UP Emily	9:15 AM STRETCH & RELEASE Pamala - Aerobics Room *Limited to 9 participants	9:15 AM STEPPIN' UP Emily	10:30 AM SILVERSPLASH Pamela - Water Aerobics *Silver Sneakers  INDOOR POOL		<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>NOTES & REMINDERS</p> <ul style="list-style-type: none"> • 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). </div>
9:15AM FIT N FAB Geri - Court 1	10:30AM CLASSIC *Silver Sneakers - Court 1 Pamela	9:30 AM FIT N FAB Michelle - Court 1		10:30 AM FIT N FAB Michelle - Court 1		
10:30AM CIRCUIT *Silver Sneakers - Court 1 Michelle	11:15AM SS YOGA *Silver Sneakers - Court 1 Pamela	10:30 AM CIRCUIT *Silver Sneakers - Court 1 Michelle	10:30 AM CLASSIC *Silver Sneakers - Court 1 Pamela	10:15 AM TAI CHI Linda - Multi-Purpose Rm		
	4:00 PM TAI CHI Linda - Multi-Purpose Rm	4:30 PM PUMP UP 5:00 SPIN BOOTCAMP Geri - Aerobics/Spin Room				
5:15 PM CSI SPIN Tamie - Spin Room	5:00PM RIPPED Cinnamon	5:30 PM TRX Heather - Court 3	5 PM PURE STRENGTH Cinnamon			
5:30 PM TRX MIX Heather - Court 3	6:00 PM BARRE Stephanie	6:00 PM YOGA Rotating Instructors	6:00 PM BARRE Teresa			
6:15PM YOGA FLOW Jackie	7:00 PM WERQ Ashleigh	7:00 PM ZUMBA Amanda				



Pick-up Pickleball
Mon / Wed / Fri

Contact Tefany for details:
tbleuel@vwparksrec.com
or visit the **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.

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!

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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.

TONE/RELEASE/ENERGIZE: This full-body stretch & strength class series is designed to rebalance & lengthen muscles, decompress joints, relieve pain, improve posture & balance. Combines ballet, tai chi, and physiotherapy techniques.

TRAIN 360: Cross training HIIT style class, incorporating free weight, body weight, and other unorthodox training methods to improve your overall strength & conditioning. Come sweat it out in a class where fit just happens.

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!

YOGA FLOW: Whole body yoga, movement, stillness, breathing techniques and relaxation. Class will be fluid with sequence that embodies all of you, with fun and relaxing music. All levels welcome.

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 3.29.21

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