




# GROUP FITNESS SCHEDULE

**FALL**  
EFFECTIVE NOV 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30 AM SPIN POWER</b> Tefany - Spin Room				<b>8:15 AM TRX MIX</b> Kelly - Court 3		
<b>8:15 AM SPIN MIX</b> Geri - Spin Room	<b>8:15 AM POWER HOUR</b> Tamie - Court 1	<b>8:15 AM TRX MIX</b> Kelly - Court 3	<b>8:15 AM SPIN BOOTCAMP</b> Geri - Spin Room	<b>8:15 AM CRAZY FIT</b> Geri <b>8:30 AM FUN IN SUN</b> POOL		<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>fitness hours</b>                      M-F: 5:15 AM-9 PM                      Sat: 7 AM-7 PM                      Sun: 10 AM-7 PM                 </div>
<b>8:30 AM FUN IN SUN</b> Water Aerobics POOL	<b>8:30 AM FUN IN SUN</b> Water Aerobics POOL	<b>8:30 AM FUN IN SUN</b> Water Aerobics POOL	<b>8:30 AM FUN IN SUN</b> Water Aerobics POOL	<b>9:15 AM SPIN/ARMS/ABS</b> Tamie - Spin Room	<b>8:00AM CARDIO ROTATION</b> Will be posted on REMIND	
<b>8:15 AM TRX MIX</b> Kelly - Court 3	<b>9:15 AM STEPPIN'UP</b> Emily	<b>9:15 AM ESSETRICS RELEASE</b> Pamela - Aerobics Room	<b>9:15 AM FIT N FAB</b> Tamie - Court 1	<b>9:15 AM ESSETRICS ENERGIZE</b> Pamela - Check with front desk	<b>9:00 AM YOGA</b> Teresa	
<b>9:15 AM ESSETRICS &amp; TONE</b> Pamela - Multi Purpose Room	<b>10:30 AM WATER THERAPY</b> Susan THERAPY POOL	<b>10:30 AM WATER THERAPY</b> Pamela THERAPY POOL	<b>9:15 AM STEPPIN'UP</b> Emily	<b>10:30 AM FIT N FAB</b> Michelle - Court 1		
<b>9:15AM FIT N FAB</b> Geri - Ct1 <b>10:30 AM WATER THERAPY</b>	<b>10:30AM CLASSIC</b> *Silver Sneakers - Court 1 Pamela	<b>9:30 AM FIT N FAB</b> Michelle - Court 1		<b>10:30 AM SILVERSPASH</b> Pamela POOL		<div style="text-align: center;">  <p><b>FIGHT 360</b> Wed @ 7:00PM With IAN &amp; EVAN</p> </div>
<b>10:30AM CIRCUIT</b> *Silver Sneakers - Court 1 Michelle	<b>11:30AM SS YOGA</b> *Silver Sneakers - Aerobics Rm Pamela	<b>10:30 AM CIRCUIT</b> *Silver Sneakers - Court 1 Michelle	<b>10:30 AM CLASSIC</b> *Silver Sneakers - Court 1 Pamela	<b>11:30 AM TAI CHI</b> Linda - Aerobics Room		
	<b>3:30 PM TAI CHI</b> Linda - Aerobics Room	<b>4:30 PM PUMP UP</b> <b>5:00 SPIN BOOTCAMP</b> Geri - Aerobics/Spin Room				<div style="text-align: center;">  <p><b>Pickleball</b></p> <p><b>Pick-up Pickleball</b> Mon / Wed / Fri</p> <p>Contact Tefany for details: tbleuel@vwparksrec.com or visit the Versailles Pickleball Facebook Page</p> </div>
<b>5:15 PM CSI SPIN</b> Tamie - Spin Room	<b>5:00PM RIPPED</b> Cinnamon	<b>5:30 PM TRX</b> Evan - Court 3	<b>5:00 PM PURE STRENGTH</b> Cinnamon			
<b>5:30 PM TRX MIX</b> Evan - Court 3	<b>6:00 PM BARRE</b> Stephanie	<b>6:00 PM YOGA</b> Rotating Instructors	<b>6:00 PM BARRE</b> Teresa			<div style="text-align: center;">  <p><b>the KID ZONE</b> at falling springs</p> <p><b>NOW OPEN!</b> → M-TH: 8 AM-12 PM &amp; 4-8 PM FRIDAYS: 8 AM-12 PM SAT &amp; SUN: CLOSED</p> </div>
<b>6:00PM YOGA FLOW</b> Jackie	<b>7:00 PM WERQ</b> Ashleigh	<b>7:00 PM FIGHT 360</b> Ian & Evan				

**fitness hours**  
M-F: 5:15 AM-9 PM  
Sat: 7 AM-7 PM  
Sun: 10 AM-7 PM

**FIGHT 360**  
Wed @ 7:00PM  
With IAN & EVAN

**WATER THERAPY CLASS**  
REGISTER ONLINE EACH WEEK  
M, T, & W @ 10:30 AM

**the KID ZONE**  
at falling springs  
**NOW OPEN!** → M-TH: 8 AM-12 PM & 4-8 PM  
FRIDAYS: 8 AM-12 PM  
SAT & SUN: CLOSED

**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:** Standing and seated low-impact movement and conditioning using weights, bands, and balls. Improve cardiovascular and muscular strength and endurance, increase range of motion, and challenge your reaction time. Includes balance, coordination, agility, and cognition drills. (*Silver Sneakers*®)

**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.

**FIGHT 360:** Trainers Ian & Evan will lead you in rounds of technical boxing with kicks, punches, combos & strength training intervals. Working with pads & mitts will sharpen your reflexes & your mind. You will see improvement not only in physical strength but mental strength as well. Join us and train like a fighter.



**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 fusion of water aerobics, kickboxing, intervals, and yoga using resistance and floatation props. Improve strength, endurance, and balance.

**SILVERSNEAKERS® YOGA:** Move your body through standing and seated poses using the support of a chair. Improve strength, posture, range of motion, and balance. Includes guided breath work and relaxation.

**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.

**STONE/RELEASE/ENERGIZE:** A class series utilizing a dynamic, full-body workout to rebalance, lengthen and strengthen muscles, decompress joints, improve posture, balance, and flexibility. Standing, seated, and floor work are included.

**TRXMIX:** This class will test your strength & willpower using body weight exercises, the suspension trainer, kettlebells and more.

**WATER THERAPY:** A gentle warm water workout to increase range of motion, strength, endurance, and balance as well as release tension in the body and mind. Sign up for each class date in the Aquatics office.

**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.

# group fitness schedule///



Effective 11.2.21



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