


















# GROUP FITNESS SCHEDULE

Winter/Spring  
2.21.22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:15 AM TRX MIX Kelly - Court 3		8:15 AM TRX MIX Kelly - Court 3		2:00pm Total Body Blast Heather 
8:15 AM SPIN MIX Geri - Spin Room	8:15 AM POWER HOUR Tamie - Court 1	8:30 AM FUN IN THE SUN Water Aerobics POOL 	8:15 AM SPIN BOOTCAMP Geri - Spin Room	8:15 AM CRAZY FIT Geri 8:30AM FUN IN THE SUN POOL 		<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>fitness hours</p> <p>M-F: 5:15 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM</p> </div>
8:30 AM FUN IN THE SUN Water Aerobics POOL 	8:30 AM FUN IN THE SUN Water Aerobics POOL 	9:15 AM RELEASE Pamela - Multi-Purpose Room	8:30 AM FUN IN THE SUN Water Aerobics 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 STEPPIN'UP Emily - Court 1	9:30AM FIT N FAB Michelle - Court 1	9:15 AM FIT N FAB Tamie - Court 1	9:15 AM RESTORE Pamela - Multi Purpose	9:00 AM YOGA Teresa - Aerobics Room	
9:15 AM REBALANCE Pamela - Multi Purpose Room	10:30 AM WATER THERAPY THERAPY POOL 	10:30 AM WATER THERAPY THERAPY POOL 	9:15 AM STEPPIN'UP Emily - Aerobics Room	10:30 AM FIT N FAB Michelle - Court 1		
9:15AM FIT N FAB Geri - Ct1	10:30AM CLASSIC *Silver Sneakers - Court 1 Pamela	10:30 AM CIRCUIT *Silver Sneakers - Court 1 Michelle		10:30 AM SILVER SPLASH Pamela POOL 		  <p>SUN @ 2PM</p>
10:30 AM WATER THERAPY 	11:15AM SS YOGA *Silver Sneakers - Aerobics Rm Pamela	3:00PM BEGINNER TAI CHI Linda Begins 2/2/22 	10:30 AM CLASSIC *Silver Sneakers - Court 1 Pamela	11:30 AM TAI CHI Linda - Aerobics Room		
5:15 PM CSI SPIN Tamie - Spin Room	3:30 PM TAI CHI Linda - Aerobics Room	4:30 PM PUMP UP 5:00 SPIN BOOTCAMP				 <p><b>Pick-up Pickleball Mon / Wed / Fri</b></p> <p>Contact Tefany for details: tbleuel@vwcparcsrec.com or visit the Versailles Pickleball Facebook Page</p>
5:15 PM TRX MIX 	5:00PM RIPPED Cinnamon - Aerobics Room	5:15 PM TRX MIX 	5:00 PM PURE STRENGTH Cinnamon - Aerobics Room			
6:00PM YOGA FLOW Jackie - Aerobics Room	6:00 PM BARRE Stephanie - Aerobics Room	6:00 PM YOGA Rotating Instructors - Aerobics Room	6:00 PM BARRE Teresa - Aerobics Room			
	7:00 PM WERQ Aerobics Room Ashleigh					 <p>Fitness &amp; Aquatics uses the REMIND app to communicate cancellations &amp; last minute schedule changes. Sign up today for free! SEE REVERSE FOR DETAILS!</p>

# group fitness class descriptions///

**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 the next level!

**CSI Spin:** 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 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 & 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 natatorium! 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!

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

**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.

**TOTAL BODY BLAST:** A high energy total, body workout for all fitness levels designed to enhance muscle tone, strength, and endurance. A perfect way to start your week. Every class is different!



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

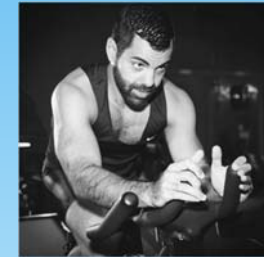
**WATER THERAPY:** A gentle warm water workout to increase range of motion, strength, endurance and balance as well as release tension in the body and mind.

**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.

# group fitness schedule///



Effective 2.21.22



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](https://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)