

GROUP FITNESS SCHEDULE

Summer
5.31.22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM SPIN MIX Geri - Spin Room		8:15 AM TRX MIX Kelly - Court 3	8:15 AM SPIN BOOTCAMP Geri - Spin Room	8:15 AM TRX MIX Kelly - Court 3		
8:15 AM FUN IN THE SUN Water Aerobics POOL	8:15 AM POWER HOUR Tamie - Aerobics Room	8:15 AM FUN IN THE SUN Water Aerobics POOL	8:15 AM FUN IN THE SUN Water Aerobics POOL	8:15 AM CRAZY FIT Geri 8:15 AM 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-8 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM</p> </div>
8:15 AM TRX MIX Kelly - Court 3	8:15 AM FUN IN THE SUN Water Aerobics POOL	8:15 AM STRETCH & STRENGTHEN Pamela - Aerobics Room NEW TIME	9:15 AM FIT N FAB Tamie - Court 1	9:15 AM SPIN/ARMS/ABS Tamie - Spin Room	8:00AM CARDIO ROTATION Will be posted on REMIND	
9:15 AM STRETCH & STRENGTHEN Pamela - Pool Party Room Begins June 6th	9:15 AM STEPPIN UP Emily - Aerobics Room	9:30AM FIT N FAB Michelle - Aerobic Room	9:15 AM STEPPIN UP Emily - Aerobics Room	9:15 AM STRETCH & STRENGTHEN Pamela Pool Party Room Begins June 10th	9:00 AM YOGA Teresa - Aerobics Room	
9:15AM FIT N FAB Geri - Aerobics Room	10:45 AM WATER THERAPY THERAPY POOL	10:45 AM WATER THERAPY THERAPY POOL	10:45 AM WATER THERAPY THERAPY POOL	10:30 AM FIT N FAB Michelle - Aerobics Room		
10:45 AM WATER THERAPY THERAPY POOL	10:30AM CLASSIC *Silver Sneakers - Aerobics Room Pamela	10:30 AM CIRCUIT *Silver Sneakers - Aerobics Room Michelle	10:30 AM CLASSIC *Silver Sneakers - Aerobics Room Pamela	10:30 AM SILVER SPLASH Pamela POOL		
10:30AM CIRCUIT *Silver Sneakers - Aerobics Room Michelle	11:15AM SS YOGA *Silver Sneakers - Pamela Aerobics Room	3:00PM BEGINNER TAI CHI Linda Aerobics Room	11:15AM ACTIVE STRETCH Aerobics Room Pamela NEW	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				
5:15 PM TRX MIX Evan - Court 2	5:00PM RIPPED Cinnamon - Aerobics Room	5:15 PM TRX MIX Evan - Court 2	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					



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

Contact Tefany
for details:
tbleuel@vwcparcsrec.com
or visit the
Versailles Pickleball
Facebook Page

**WATER THERAPY CLASS
M, T, W, TH @ 10:45 AM**

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

REMIND
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///

Active Stretch: Move your body through a dynamic and flowing stretch routine to increase flexibility, range of motion, and standing work followed by seated relaxation with guided breath work.

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.

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!

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.

SILVERNEAKERS® Splash: A fun fusion of water aerobics, kickboxing, intervals, and yoga using resistance and floatation props. Improve strength, endurance, and balance.

SILVERNEAKERS® 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!

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

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 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 5.31.22



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
- ⇒ 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