


GROUP FITNESS SCHEDULE

SPRING
3.6.23

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		2:00PM FULL BODY BLAST Heather
8:15 AM FUN IN THE SUN Water Aerobics-POOL 9:15 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 9:15 AM FUN IN THE SUN Water Aerobics-POOL	8:30 AM FUN IN THE SUN Water Aerobics POOL	8:15 AM CRAZY FIT Geri 8:30AM FUN IN THE SUN POOL		fitness hours M-F: 5:15 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM
8:15 AM TRX MIX Kelly - Court 3	8:30 AM FUN IN THE SUN Water Aerobics POOL	9:15 AM STRETCH & RELEASE Pamela - MP Room	9:15 AM FIT N FAB Tamie - Court 1	9:00 AM SPIN Tamie - Spin Room 10:00 AM Armed & Dangerous	8:00AM CARDIO ROTATION Will be posted on REMIND	
9:15 AM STRETCH & STRENGTHEN Pamela - MP Room	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 & RESTORE Pamela- MP Room	9:00 AM YOGA Teresa-Aerobics Room	pool hours M-F: 5:15 AM-7PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM
9:15AM FIT N FAB Geri - Aerobics Room	9:30 AM WATER THERAPY THERAPY POOL	10:30 AM WATER THERAPY THERAPY POOL	9:30 AM WATER THERAPY THERAPY POOL	10:30 AM FIT N FAB Michelle - Aerobics Room		
10:30 AM WATER THERAPY Therapy Pool Pamela	10:30AM CLASSIC *Silver Sneakers - CT 1	10:30 AM CIRCUIT *Silver Sneakers - CT 1 Michelle 11:15 AM YOGA *Silver Sneakers - Michelle	10:30 AM CLASSIC *Silver Sneakers -CT 1	10:30 AM SILVERSPASH Pamela POOL	WATER THERAPY CLASS M, W, @ 10:30 AM T, Th @ 9:30 AM	
10:30AM CIRCUIT *Silver Sneakers - CT 1 Michelle	11:15AM SS YOGA *Silver Sneakers - Amanda	3:00PM PHASE 1 TAI CHI Linda Aerobics Room		11:30 AM PHASE 2 TAI CHI Linda - Aerobics Room	the KID ZONE at falling springs NOW OPEN! → M-TH: 8 AM-12 PM FRIDAYS: 8 AM-12 PM SAT 8AM-12PM	
5:15 PM CSI SPIN Tamie - Spin Room	3:30 PM PHASE 2 TAI CHI Linda - Aerobics Room	4:30 PM PUMP UP 5:00 SPIN BOOTCAMP		 Pick-up Pickleball Mon / Wed / Fri For more info Visit the Versailles Pickleball Facebook Page		
5:15 PM TRX MIX Jenny- Court 2	5:00PM FULL BODY BLAST Heather - Aerobics Room	5:15 PM TRX MIX Jenny - Court 2	5:00 PM FULL BODY BLAST Amanda - 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			

WATER THERAPY CLASS
M, W, @ 10:30 AM
T, Th @ 9:30 AM

the KID ZONE
at falling springs
NOW OPEN! → M-TH: 8 AM-12 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///

Armed and Dangerous: A great mix of upper body and ab work. This class welcomes all levels and is a great addition to any workout.

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.

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.

Full Body Blast: This cardio-weight interval class will light you up! It's fat-burning, calorie torching and tons of fun! This class includes weight training, cardio exercise, core training, and stretching for a complete workout.

In The Deep:

Expand aerobic capacity, burn calories, build muscle strength, increase endurance! Work in deep water using a floatation belt and equipment for no impact on joints and bones. Includes warmup, cardio, muscle conditioning, and relaxing stretches.

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!

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!

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. **Phase 2 Tai Chi**— a little more advanced movements for those who practice regularly.

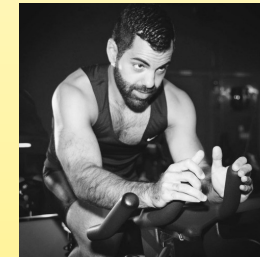
TRX MIX: This class will test your strength & willpower using body weight exercises, the suspension trainer, kettlebells and more.

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.

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///




FALLING SPRINGS
CENTER
MORE THAN JUST A GYM



Effective 3.6.23


remind

2 WAYS TO SIGN UP

TEXT

- ⇒ Send a text to 81010
- ⇒ Text @fslandfit3 Land Group Fitness Updates
- ⇒ Text @cd37c9 for Water Fitness Updates.

ONLINE

- ⇒ On a browser go to remind.com/join
- ⇒ Enter @fslandfit3 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