

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	8:00AM Cardio Rotation Will be posted	
8:15 am Fun in the Sun AND 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 AND 9:15 am Fun in the Sun Water Aerobics- POOL	8:15 am Fun in the Sun Water Aerobics POOL	8:15 AM Crazy Fit Geri	9:00 AM Yoga Teresa-Aerobics Room	2:00pm Body Blast Heather Begins Jan 7th New!
8:15am Stretch & Strengthen MP Room Pamela	8:15 am Fun in the Sun Water Aerobics POOL	8:15am Stretch Release MP Room Pamela	9:15 AM Fit N Fab Tamie - Court 1	8:15 am Fun in the Sun AND 9:15 am Fun in the Sun Water Aerobics- POOL	10:30am Zumba Wislin	fitness hours M-F: 5:15 AM-8 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM
8:15 am TRX MIX Kelly - Court 3 9:15am Fit n Fab Geri - Aerobics Room	9:15 AM Steppin' Up Helen -Aerobics Room	9:30am Walk Well, Walk Strong MP Room, Pamela 9:30am Fit n Fab- Michelle Aerobics Room	9:15 AM PureFlex Pilates Desiree - Aerobics Room BEGINS Feb 1st New!	8:15 am Stretch Restore MP Room Pamela		
9:30am Stability MP Room SilverSneakers® Pamela New!	9:30am Aquacise THERAPY POOL Susan	10:30am Aqua Fusion THERAPY POOL Pamela New! 10:30 AM Circuit *Silver Sneakers - CT 1 Michelle	9:30am Aquacise THERAPY POOL Susan	9:00 AM Spin Tamie - Spin Room 10:00 AM Armed & Dangerous 9:30am Stability MP Room Pamela Silversneake (R) New!		pool hours M-F: 5:15 AM-9PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM
10:30AM Aqua Fusion Therapy Pool Pamela New!	10:30am Classic *Silver Sneakers - CT 1	11:30am Chair Yoga Silersneakers® Pamela MP Room	10:30 AM Classic *Silver Sneakers -CT 1	10:30 am Fit N Fab Michelle - Aerobics Room 10:30am Silversneakers® Pamela-Pool	Register now for Indoor Ironman Feb 5th More info @ vwcparksrec.com/events	
10:30AM Circuit *Silver Sneakers - CT 1 Michelle		3:00pm Phase 1 Tai Chi Linda Aerobics Room		11:30 AM phase 2 Tai Chi Linda - Aerobics Room		
5:15 PM CSI -Spin Tamie - Spin Room	3:00 pm phase 2 Tai Chi Linda - Aerobics Room	4:30 PM Pump Up-Geri 5:00 Spin Bootcamp-Geri				
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 R.I.P.P.E.D Rachel - Aerobics Room			
6:00pm Yoga Flow Jackie	6:00 PM Barre Stephanie - Aerobics Room	6:00 PM Yoga Rotating Instructors - Aerobics Room	6:00 PM PureFlex Pilates Desiree - Aerobics Room BEGINS Feb 1st New!			
7pm Cardio Drumming Nancy		7:00pm Zumba Wislin	7pm Cardio Drumming Nancy			



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

For more info
Visit the
Versailles Pickleball
Facebook Page

the KIDZONE
at falling springs

Now open! →

M-Th: 8 AM -1145 AM & 4-8 PM
Fridays: 8 AM-1145 AM
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///

Aquacise: Low aerobic mix of core, strength and fun rhythmic movement to get you going!

Aqua Fusion: Combining traditional water therapy, yoga & myofascial massage to increase ROM, strength, endurance, balance & release tension in the body & mind

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.

Body Blast: Expect the unexpected! A great mix of cardio, strength and functional training all wrapped up in a high energy class!

Cardio Drumming: Cardio drumming is turning simple movement into a full body workout leaving you smiling, sweating, and feeling amazing! All levels welcome!

CHAIR 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. Silversneakers®

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. (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.

FUN IN THE SUN (Water): 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.

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!

PureFlex Pilates: Focus on core stability, overall strength, with head to toe lengthening and stretching.

R.I.P.E.D.- combines **Resistance, Interval, Power, Plyometrics, and Endurance**, with a great DIET it's the perfect program!

SPLASH (Water) A fun fusion of intervals, kickboxing, water aerobics and stretches using resistance and flotation props. Silversneakers®

STABILITY: Explore movement, poses & exercises to improve balance, strength, gait, & power; focus is on ankles, knees & hips for fall prevention. Silversneakers®

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, 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. Therapy balls and bands incorporated.

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.

Walk Well Walk Strong: A walking program for better health, improved fitness, and less pain. Includes warm up, stretches, personal coaching and a resource book from the Arthritis Foundation.

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.

Zumba—Join the **PARTY!** Zumba is a Latin-inspired dance that is all about the "fitness party". Energizing music

selection is fast and slow. You'll get a full body workout that doesn't feel like work.

NEW CLASS

Take your fitness

to the next level

with a personal trainer!

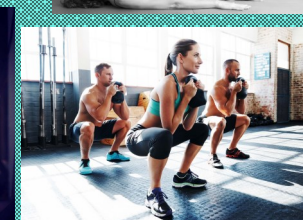
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- ⇒ Text @fslandfit3 Land Group Fitness Updates
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FOR MORE INFORMATION: www.vwcparksrec.com | 873-5948 x 4814 | tbleuel@vwcparksrec.com

group fitness schedule///



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Effective 1.3.24