




















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	7:15am Performance Cycling—Tefany 	8:00AM Cardio Rotation Will be posted	<div>fitness hours M-F: 5:15 AM-8 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM</div>
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 	8:15am IRONHOUR Instructor Rotates Begin date TBA Watch for REMIND 	9:00 AM Yoga Teresa-Aerobics Room	
8:30am Stretch & Strengthen MP Room Pamela	8:15 am Fun in the Sun Water Aerobics POOL 	8:30am 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	
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 	8:15 AM TRX MIX Kelly - Court 3 8:30 am Stretch Restore MP Room Pamela	<div>IRONHOUR The discipline of Pilates, the focus of Yoga and the power of Weights. Fridays 8:15am </div>	<div>pool hours M-F: 5:15 AM-9PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM</div>
9:30am Stability MP Room SilverSneakers® Pamela	9:30am Aquacise THERAPY POOL Susan 	10:30am Aqua Fusion THERAPY POOL Pamela  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))		
10:30AM Aqua Fusion Therapy Pool Pamela 	10:30am Classic *Silver Sneakers - CT 1	11:30am Chair Yoga Silversneakers® Pamela MP Room	10:30 AM Classic *Silver Sneakers –CT 1	10:30 am Fit N Fab Michelle - Aerobics Room		
10:30AM Circuit *Silver Sneakers - CT 1 Michelle		1:00pm Performance Cycling—Tefany 		10:30am Silversneakers® Splash-Pamela-Pool	<div>Register now for Heart & Sole Tri More info @ vwcparksrec.com/events </div>	
5: 00 PM TRX MIX Jenny- Court 2	5:00pm Full Body Blast Heather - Aerobics Room	4:30 PM Pump Up-Geri 5:00 Spin Bootcamp-Geri	5:00 pm R.I.P.P.E.D Rachel - Aerobics Room	<div> Pick-up Pickleball Mon / Wed / Fri For more info Visit the Versailles Pickleball Facebook Page </div>	<div>the KID ZONE at falling springs Now open!  M-Th: 8 AM -1145 AM & 4-8 PM Fridays: 8 AM-1145 AM Sat 8am-12pm</div>	
5:15 PM CSI –Spin Tamie - Spin Room		5: 00 PM TRX MIX Jenny Court 2				
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			
7pm Cardio Drumming Nancy		7:00pm Zumba Wislin	7pm Cardio Drumming Nancy			
					<div> REMIND Fitness & Aquatics uses the REMIND app to communicate cancellations & last minute schedule changes. Sign up today for free! SEE REVERSE FOR DETAILS!</div>	

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®)

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.

IronHour - combines the disciplines of pilates, the focus of yoga and the power of weights to round out your workout routine. Men and women of all fitness levels are welcome to sweat, sculpt, build lean muscle, improve metabolism, gain strength, focus on balance and see results! Looking for something that will change you and challenge you, try IronHour!

Performance Cycling: This cycling class is based on road/trail training. If you are prepping for a triathlon, distance bike ride or just love riding, this class is for you. Resistance, speed and hills that mimic actual road riding will help push your cycling to the next level.

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.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.

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

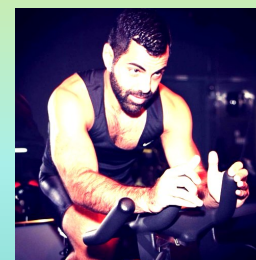
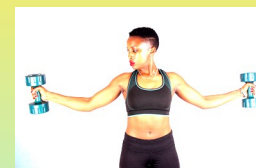
YOGA: Beginning or advanced, each class will provide a flowing blend for balance, flexibility & relaxation!

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.

Brazilian Jui-Jitsu
Free for Members - Daily Fee for Non-Members
Mon/Fri 4:30pm
Multi-purpose Room
Ages 12 and up

group fitness schedule///



FALLING SPRINGS
CENTER

WOODFORD COUNTY PARK
VERSAILLES



Effective 3.18.24



⇒ Send a text to 81010
⇒ Text @fslandfit3 Land Group Fitness Updates
⇒ Text @fswfit3for Water Fitness Updates.

FOR MORE INFORMATION: www.vwcparksrec.com |