



ACTIVITY SCHEDULE

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am-6:15am *BOOT CAMP Rochelle Duncan	5:30am-6:30am PURE STRENGTH Rochelle Duncan	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	5:30am-6:30am PURE STRENGTH Rochelle Duncan	5:00am-6:00am *RHYTHM & RIDE Sarah Garrett	
	8:15am-9:15am MORNING YOGA Lawren Mordica	8:30am-9:00am SUSPENSION TRG Jessica Crump	5:15am-6:15am *BOOT CAMP Rochelle Duncan	8:30am-9:00am SUSPENSION TRG Jessica Crump	5:15am-6:15am *BOOT CAMP Rochelle Duncan	
	5:15pm-5:45pm CARDIO KICKBOXING Jessica Crump	9:00am-9:45am SILVER SNEAKERS Donna Wren	6:00am-6:30am CARDIO KICKBOXING Jessica Crump	9:00am-9:45am SILVER SNEAKERS Donna Wren	6:00am-6:30am CARDIO KICKBOXING Jessica Crump	
	5:45pm-6:15pm TOTAL CORE Melissa Karotka	10:00am-10:45am SS YOGA Donna Wren	8:15am-9:00am MORNING YOGA Donna Wren	10:00am-10:45am SS YOGA Donna Wren	8:15am-9:00am MORNING YOGA Jessica Crump	
		4:00pm-5:00pm PURE STRENGTH Rochelle Duncan	9:15am-10:00am TECHNO GYM Jessica Crump	4:00pm-5:00pm PURE STRENGTH Rochelle Duncan	9:15am-10:00am TECHNO GYM Jessica Crump	
		5:15pm-6:00pm PILATES Jessica Crump	10:15am-11:00am SILVER SNEAKERS Donna Wren	5:15pm-6:00pm STEP IT UP Jessica Crump		
		6:00pm-6:45pm YOUTH DANCE 3-4 Kristen Colbert	2:30pm-3:30pm EARLY OUT WORKOUT Jessica Crump	6:30pm-8:00pm *JIU-JITSU Mario Mejia		
		6:30pm-8:00pm *JIU-JITSU Mario Mejia	5:15pm-5:45pm ONE MORE REP Jessica Crump			
			5:30pm-8:00pm *TUMBLING Melissa Pasley			
			6:00pm-6:45pm YOUTH DANCES 5-6 Kristen Colbert			

■ Fitness Center

■ Lee & Sherri Willbers Exercise Room

■ Small Group Exercise Room

■ Turf Room

*Fee based classes. Registration required.

CLASS DESCRIPTIONS

BOOT CAMP: A 6-week challenge course focusing on cardio, strength, flexibility and core...everything you need to reach your fitness goals! In addition, you'll receive healthy doses of motivation, inspiration, accountability, and learn to eat smart. (Registration Required)

CARDIO KICKBOXING: This 30 minute class provides a total body workout that targets core strength and balance. Participants practice kicks, punches and agility movements designed to increase cardiovascular endurance, muscular strength, range of motion and agility. Working individually or in pairs for rounds of intense work in an easy to understand format. Its a great core workout too!

EARLY OUT: This is a 60 minute class for middle school students that will learn different styles of exercise as well as proper use of equipment. This class will also work on agility, balance, strength and cardio.

ONE MORE REP: This is a challenging 30 minute class that combines cardio and strength training. This class consists of phases of high-intensity work, followed by phases of moderate or low-intensity recovery. The class can be done as a low-impact workout or revved up for a bigger calorie burn. Suitable for all fitness levels.

PILATES: This 45 minute class will help you develop your core strength while focusing on coordination, flexibility, and stability based movements. This workout is low impact and is ideal for members for all ages and abilities. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and glutes.

PURE STRENGTH: A 60 minute weights based class that focuses on the entire body. By the end of this class you will have worked your muscles to their peak while maintaining a strong heart rate and having fun along the way. This class is designed to give you the whole body muscle building your desire.

RHYTHM & RIDE: This is a 60 minute class that burns fat, builds strength and gains endurance while listening to great music and motivational instruction. You'll climb, sprint and train and a pace designed for all ages and fitness levels. (Registration Required)

SILVER SNEAKERS CLASSIC: This is a 45 minute comprehensive health and fitness program for the active aging that emphasizes cardiovascular endurance and helps those challenged with osteoporosis. This is a strength and balance class that may include lifting hand held weights, stretching restive tubing and using your own body's resistance, while also using your core muscles to improve balance and stability.

SILVER SNEAKERS YOGA: This 45 minute class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

STEP IT UP: This 45 minute class is a combination of cardio dance and step aerobics. This class is guaranteed to get your heart pumping by stepping and dancing to upbeat music.

SILVER SNEAKERS YOGA: This 45 minute class is a combination of cardio dance and step aerobics. This class is guaranteed to get your heart pumping by stepping and dancing to up beat music.

SUSPENSION TRAINING: This 30 minute class is quick paced and high intensity that utilizes the suspension trainers and other equipment.

TECHNO GYM: A 60 minute circuit class that will teach weight training and includes interval and stretching.

TOTAL CORE: Strengthen and tone your abs, back, and glutes in this 30 minute workout. Various floor and standing moves that will work your total core and burn fat!

YOGA: Yoga is for all bodies, all levels and all abilities. Each class is beginner friendly. Variations and modifications to the poses will be offered and props are always available to use.