



## BRUNSWICK FOREST FITNESS & WELLNESS CLASS SCHEDULE

Front Desk (910) 342 – 2215  
FWCFitness@camsmt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spin</b> 7:30 - 8:15 Juanita <b>In Leland Room</b>	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spartacus</b> Mike S. 7:00 - 7:45	<b>Spin</b> 7:30 - 8:15 Juanita <b>In Leland Room</b>
		<b>Cardio Weights &amp; Abs</b> Michele 8:30 - 9:15	<b>Core, Flex &amp; Balance</b> Kristen 8:15 - 9:00	<b>Pilates 2.0</b> Michele 8:00-9:00	<b>Power Yoga</b> Kristen 8:30 - 9:30
	<b>Flow Yoga</b> Kristen 9:15 – 10:15		<b>Gentle 1 Yoga</b> Kristen 9:15 – 10:30	<b>Spartacus</b> Michele 9:00 - 9:45	
<b>Cardio, Weights &amp; Abs</b> Michele 9:30 - 10:15	<b>C.S.I.</b> Adrienne 9:30 – 10:15	<b>Pilates 1.0</b> Michele 9:30 - 10:30	<b>C.S.I.</b> Adrienne 9:30 – 10:15	<b>Cardio/Strength</b> Mike 10:00 - 10:45	
<b>Pilates 2.0</b> Michele 10:30 - 11:30	<b>Gentle 1 Yoga</b> Kristen 10:30 - 11:30	<b>Pilates 2.0</b> Kristen 10:30 - 11:30	<b>Gentle Yoga 2</b> Heather 10:30 - 11:30		
<b>Cardio/Sculpt</b> Mike 11:45 – 12:30	<b>Gentle 2 Yoga</b> Kristen 11:45 - 12:45		<b>Gentle Yoga 1</b> Heather 11:45 – 12:45		
<b>Cardio &amp; Strength</b> Mike S. 12:45 – 1:30		<b>Cardio/Sculpt</b> Mike 11:45 - 12:30	<b>Meditation &amp; Breath Work</b> Heather 1:00 – 2:00	<b>CHAIR Strength Balance &amp; Flex</b> Juanita 11:45 – 12:30	
<b>CHAIR Strength Balance &amp; Flex</b> Juanita 3:00 – 3:45		<b>CHAIR Strength Balance &amp; Flex</b> Juanita 3:00 – 3:45	<b>Adaptive Yoga</b> Cecelia 2:15 – 3:15		
<b>Circuit Charge</b> Juanita 6:00 - 6:45		<b>20-15-10</b> Juanita 6:00 - 6:45			
<b>Balance, Roll &amp; Stretch</b> Michele 7:30 - 8:15	<b>NEW CLASS!</b> 	<b>Yoga/Meditation</b> Juanita 7:00-8:00	<b>Balance, Roll &amp; Stretch</b> Michele 7:30 - 8:15	<b>NEW CLASS!</b> 	



**GENTLE LAND CLASSES TO REPLACE AQUA CLASSES**

**Those Who Usually Take Aqua Classes: These are Tailored For You!**

**Classes Are Open To Everyone. All Low Impact With Varying Levels Of Intensity**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio/Strength Level 2</b> Michele 8:30 – 9:15	<b>Cardio/Strength Level 1</b> Sara 8:30 – 9:15		<b>Cardio/Strength Level 1</b> Sara 8:30 – 9:15	<b>Cardio/Strength Level 2</b> Adrienne 8:30 – 9:15	<b>Cardio/Strength Level 3</b> Jeanne 8:30 – 9:15
<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15	<b>Cardio/Strength Level 3</b> Michele 9:30 – 10:15	<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15	<b>Cardio/Strength Level 3</b> Michele 9:30 – 10:15	<b>Cardio/Strength Level 1</b> Adrienne 9:30 – 10:15	

\* SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

**GENTLE LAND CLASS DESCRIPTIONS**

**All classes will be low impact. No hopping, jumping or jogging. Level 1 to 3 increase in aerobic activity.**

**Instructor will email you a list of props needed for each class.**

**Cardio/Strength Level 1** – Low intensity, gentle cardio. Chair may be used. Strength training with various weighted props at participant’s discretion. No floor work.

**Cardio/Strength Level 2** – Mid-range intensity cardio. Chair may be used. Cardio will be at a slightly faster pace than Level 1. Strength training with various weighted props at participant’s discretion. No floor work.

**Cardio/Strength Level 3** – Higher intensity cardio. Cardio will be at a slightly faster pace than Level 2. Strength training with various weighted props at participant’s discretion. No floor work.

**VIRTUAL LAND CLASS DESCRIPTIONS: See separate list of props needed for each class.**

**20-15-10 – Intermediate Level**

Cardio, strength & core conditioning work out set to motivational music. Burn calories, tone and have fun! Mat work  
20 minutes cardio, 15 minutes strength, 10 minutes core

**Balance, Roll & Stretch - All levels**

Improve your balance, restore/increase your range of motion through Myofascial Release (MFR) followed by a great stretch to increase flexibility. Mat work with foam roller & small ball (tennis sized) and optional foam stick

**Body Sculpt –Intermediate to Advanced Level**

Tabata segments are divided up into 20 seconds of hard work followed by 10 seconds of active rest. Classes will focus on plyometric/high intensity aerobics, core, and strength. Some mat work.

**C.S.I. - Intermediate to Advanced Level**

Interval training sequences for some calorie burn!  
Builds cardiovascular fitness while improving muscular strength and endurance followed by core work on mat.

**Cardio/Sculpt - Advanced Beginner to Intermediate**

Total body experience using weights, bands, balls, magic circles, and more. A great way to get moving! No mat work.

**Cardio & Strength – Beginner/Advanced Beginner**

If you're just starting to exercise, a great way to get moving! A non-impact class geared towards the active older adult and designed to strengthen, tone, and balance the entire body utilizing bodyweight movements, light weights, & bands. Emphasis on core, arms, glutes, & thighs. Includes mat work.

**Cardio, Weights & Abs- Intermediate to Advanced Level** Low or high impact cardio combined with dumbbell and mat work.

**CHAIR Strength, Balance & Flexibility- Beginner**

Chair class. Perfect for balance issues, recent injury/ surgery, or for the senior population. Stay active and independent. Decreases risk of injury, improves balance & coordination, maintains muscular strength, enhances flexibility. No mat

**Circuit Charge – Intermediate Level**

Intense low or high impact cardio and strength training. Work out consists of timed circuit or stations. Mat work

**Core, Flex & Balance - Advanced Beginner to Intermediate**

Targeting the core, improves balance & flexibility through dynamic stretches and poses. Mat work.

**Pilates 1.0 - Advanced Beginner**

Continue to build your practice with more complex movements and occasional use of light weights. Start exploring more precise and dynamic exercises. Class tempo is moderate and focuses on a steady class flow. Intermediate exercises and coordinated movements are introduced with modifications and progressions to give students a more challenging workout. All mat work.

**Pilates 2.0 - Intermediate Level**

Intermediate classes are great for students who are more familiar with Pilates principles and who want to step up the intensity of their workout. These classes move at a faster pace than Beginner classes and will build on fundamental techniques. All mat work.

**Spartacus – Advanced Beginner to Intermediate Level**

Challenging weight training designed to build lean muscle and torch fat. Some mat work or modifications made if mat work not feasible. Mat work.

**Stretch & Tone for VITALITY – Beginner to Advanced Beginner**

Co-ed fitness program designed for golfers & all others exploring fitness. With intent, your instructor will guide you through moments to enhance flexibility, balance, & muscle tone. Class concludes with CORE conditioning component on mat. Mat work.

**Total Body Conditioning – Intermediate to Advanced Level**

Increases endurance, strength and tone in a timed-station format combining cardio, weights & mat work. The circuit format allows participants to work at their own level. Mat work

**Yoga - Adaptive – All levels**

Any level of physical disability, including impaired mobility, and balance. Traditional yoga poses will be adapted for the individual's level of fitness and ability. Mat or chair work

**Yoga - Gentle 1 – Beginner to Experienced Beginner**

A gentle journey on the mat; Reduce stress, stretch limbs/ muscles, calm the mind, balance, breathe, and enhance circulation. Mat work

**Yoga - Gentle 2 – Experienced Beginner to Intermediate**

Review basic poses & work on more challenging poses. Class begins on mat, guided thru yoga poses invigorating the body with increased strength, flexibility and range of motion. Special attention is paid to finding proper alignment while working on balance & strength. Mat work

**Yoga - Gentle Meditative – All levels**

Class starts with breath and gentle yoga on mat to promote flexibility, balance, enhance circulation and strength. Second 1/2 of class is Meditation. Transcend the endless chatter of the mind to calmness, clarity of the mind, increasing powers of concentration, finding a softer focus and improving sleep. Mat work

**Yoga - Meditation & Breath Work** - Done in chair or yoga blanket. Find a softer focus to your day. Beginners to practiced meditators will benefit from this class. Each class will consist of guided breath work and guided meditation in a variety of styles to help us to increase mindfulness and broaden a sense of peace, calm and compassion. This class is accessible to all! Bring harmony and balance to your body and mind.

**Yoga – Power – Intermediate to Advanced**

An empowering practice harnessing strength, flexibility and balance synchronized to the breath. Mat work

**Yoga – Flow – Intermediate to Advanced**

Vinyasa ( translates to “flowing with breath”). Sequences involving sun salutations, standing and seated postures with a strong focus on the power of breath awareness.

**Yoga – Yin – All levels**

Long, passive floor poses lengthening connective tissue to increase flexibility. Functional release of deep muscle tissue.