

CLASS SCHEDULE- JULY 2021

LELAND ROOM SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Spin Juanita 7:30 – 8:15	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00		Spin Juanita 7:30 - 8:15
	NEW Cardio & Core Tabata Mike 8:30-9:15	Cardio Weights & Abs Mike 8:30 - 9:15	*NEW* Total Body Flow & Core Dahlya 8:15-9:00		
Cardio, Weights & Abs Mike 9:30 - 10:15			*NEW* Zumba® Dahlya 9:15-10:00	Spartacus Mike 9:00 - 9:45	
Cardio/Sculpt Mike 10:30-11:15		Cardio/Sculpt Mike 10:30-11:15	*NEW* Cardio & Core Tabata Mike 10:45-11:30	Cardio & Strength Mike S. 10:00 - 10:45	
				CHAIR Strength Balance & Flex Juanita 11:45 – 12:30	
			Adaptive Yoga Cecelia 2:15 – 3:15		
CHAIR Strength Balance & Flex Juanita 3:00 – 3:45		CHAIR Strength Balance & Flex Juanita 3:00 – 3:45			
Circuit Charge Juanita 6:00 - 6:45		20-15-10 Juanita 6:00 - 6:45			
		Gentle Yoga/Meditation Juanita 7:00-8:00			

** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

VIRTUAL LAND CLASS DESCRIPTIONS:

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

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.

***NEW* Cardio & Core Tabata – Intermediate Level**

Fast paced intervals with short rest periods will provide a challenging cardio workout, improve muscular endurance, and build core strength. 25 minutes of cardio, consisting of low impact or high impact bodyweight exercises, with some dumbbell work. 15-20 minutes of challenging core exercises on the mat. Includes 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.

Spartacus – Intermediate to Advanced 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.

Spin- All Levels

A high energy workout using the Keiser M3 indoor cycle. ***Note: 1st time participants must show up 15 min. early for orientation***

Stretch & Tone for VITALITY - Beginner to Adv'd Beginner –

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

Yoga - Adaptive – All Levels

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

Yoga – Gentle/Meditative - All Levels

Class starts with breath & gentle yoga on MAT to promote flexibility, balance, enhance circulation and strength. 2nd 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

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.

***NEW* Zumba® – Advanced Beginner to Intermediate**

Latin based dance creating a dynamic work out! The routines feature aerobic training with a combination of fast and slow rhythms that tone and sculpt the body. No mat work

***NEW* Total Body Flow and Core – All Levels**

Class starts with a warmup consisting of stretching, activating all muscle groups, core work, and some light cardio. The class will use dumbbells, mats, physioballs and integrate techniques from yoga, pilates, tai chi, and cardio, all while accessing the core muscles. All levels from beginner to advanced are encouraged to join. Modifications are offered for beginners. Includes mat work.





CLASS SCHEDULE - JULY 2021

POOL SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 *NEW* Power and Posture Donna 7:30 – 8:15		 *NEW* Power and Posture Donna 7:30 – 8:15			
 *NEW* Aqua Groove Donna 8:30 – 9:15	Aqua Bootcamp Sara 8:30 – 9:15	 *NEW* Aqua Groove Donna 8:30 – 9:15	Aqua Tabata Sara 8:30 – 9:15		

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AQUA CLASS DESCRIPTIONS

Aqua Boot Camp – Advanced Level - High intensity, military-style workout using interval and strength training.

Aqua Tabata - Intermediate to Advanced Level - High-intensity, interval training format consisting of multiple sessions of 20 seconds all-out, intense work followed by 10 seconds of passive recovery.

***NEW* Power and Posture – Beginner Level-** Using a variety of exercise techniques including Aqua Yoga and Ai Chi, participants will develop proper posture, improve core power, and improve full body awareness

***NEW* Aqua Groove – Beginner Level to Intermediate Level-** Gentle, low impact class designed to improve flexibility and strength by doing stretching, cardio exercises, and basic toning exercises