



VIRTUAL CLASS SCHEDULE

Virtual Class Schedule

(see 2nd schedule for classes adapted to aqua fitness participants)

USE MINDBODY APP FOR CLASS REGISTRATION

Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Core, Flex & Balance Kristen 8:15 - 9:00		Power Yoga Kristen 8:00 - 9:30
	Flow Yoga Kristen 9:15 – 10:15		Gentle 1 Yoga Kristen 9:15 – 10:15		
	C.S.I. Adrienne 9:30 – 10:15		C.S.I. Adrienne 9:30 – 10:15		
	Gentle 1 Yoga Kristen 10:30 - 11:30	Pilates Kristen 10:30 - 11:30	Gentle Yoga 2 Heather 10:30 - 11:30		
	Gentle 2 Yoga Kristen 11:45 - 12:45		Gentle 1 Yoga Heather 11:45 - 12:45		
			Meditation & Breath Work Heather 1:00 – 2:00		

** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

VIRTUAL LAND CLASS DESCRIPTIONS:

Core, Flex & Balance - Advanced Beginner to Intermediate

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

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.



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 and No Mat Work

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Cardio/Strength Level 2 Adrienne 8:30 – 9:15	
Cardio/Strength Level 2 Adrienne 9:30 – 10:15		Cardio/Strength Level 2 Adrienne 9:30 – 10:15		Cardio/Strength Level 1 Adrienne 9:30 – 10:15	

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GENTLE LAND CLASS DESCRIPTIONS

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

Light weights used in classes.

Level 1 – Lowest cardio intensity. Light weights. Chair may be used. No mat work.

Level 2 – Mid-range intensity cardio. Light/Medium weights. Chair may be used. No mat work.

Level 3 – Highest intensity (but still lower than classes on separate schedule.) Some level 3 classes are taught with a Tabata format, i.e. 20 seconds cardio with 10 second rests. No mat work.