

# LELAND ROOM CLASS SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

Class reservations can be made up to 7 days in advance

Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Spin</b> Erika 7:15 – 8:00	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spin</b> Juanita 7:30 – 8:15	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spin</b> Erika 7:15 – 8:00	<b>Spin</b> Juanita 7:30 - 8:15
<b>Spartacus</b> Sue 8:30 – 9:15	<b>Spin (Keiser M3 Computer Focus)</b> Susan 8:30 – 9:15	<b>Spartacus</b> Kellie 8:30 – 9:15	<b>Yoga Sculpt</b> Michelle 8:15-9:00	<b>Tabata</b> Sue 8:30 – 9:15	<b>Boot Camp</b> Juanita 8:30 – 9:15
<b>Cardio, Weights &amp; Abs</b> Mike 9:30 – 10:15	<b>On The Ball</b> Kellie 9:30 – 10:15	<b>Cardio, Weights &amp; Abs</b> Mike 9:30 – 10:15	<b>Tabata</b> Kellie 9:15 – 10:00	<b>Spartacus</b> Isabella 9:30 – 10:15	
<b>Cardio/Sculpt</b> Mike 10:30 – 11:15	<b>Strength Fundamentals II</b> Juanita 10:30 – 11:15	<b>Cardio/Sculpt</b> Mike 10:30-11:15	<b>On The Ball</b> Kellie 10:15 – 11:00	<b>Cardio &amp; Strength</b> Juanita 10:30 – 11:15	
	<b>Strength Fundamentals</b> Juanita 11:30 – 12:15	<b>Zumba®</b> Kaitlyn 11:30 – 12:15		<b>CHAIR Strength Balance &amp; Flex</b> Juanita 11:45 – 12:30	
	<b>Chair Yoga</b> Marianne 12:30 – 1:30		<b>Strength Fundamentals</b> Juanita 12:30 – 1:15	<b>Strength Fundamentals II</b> Juanita 12:45 – 1:30	
			<b>Chair Yoga</b> Marianne 1:30 – 2:30		
<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>Spin (Beginner/Intermediate)</b> Erika 4:30 – 5:15		<b>20-15-10</b> Juanita 4:15 – 5:00			
<b>Total Body Fitness</b> Juanita 5:45 - 6:30		<b>Gentle Yoga/Meditation</b> Juanita 5:15 – 6:00			

\*\* SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\*

## **CLASS DESCRIPTIONS:**

### **20-15-10 – Intermediate Level**

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

### **Boot Camp – Intermediate to Advanced Level**

This challenging circuit-style class involves moving from station to station with exercises that seek to improve strength, balance, and coordination. Mat work.

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

Total body experience using weights, bands, balls, magic circles, and more. Includes a challenging set of seated chair exercises for core development and upper body toning. A great way to get moving! No mat work.

### **Cardio & Strength – Beginner to Intermediate**

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**

15 minutes of intense low or high impact cardio exercises, 20 minutes of strength training, and 5-10 minutes of core exercises and upper body exercises on the mat. Mat work.

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

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 work.

### **Chair Yoga – Beginner to Intermediate Level**

Chair yoga is a gentle practice featuring poses performed seated or standing. This class builds flexibility, strength, and balance, with modifications available for every level. Use yoga blocks and straps to further support alignment and deepen the practice. No mat work.

### **Gentle Yoga/Meditation – 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 work

### **On The Ball – Beginner to Experienced Beginner**

Get ready to have fun with this full body workout uses a stability ball to challenge your core in so many ways! The unstable surface of the ball will deepen the activation of your entire waist. Dumbbells and bands will also be used to target the upper and lower body muscles. No mat work.

### **Spartacus – Intermediate to Advanced Level**

Challenging weight training workout designed to build lean muscle. Use dumbbells and bands to target the upper and lower body. Includes mat exercises which target the core and upper body muscles. Mat work.

### **Spin- All Levels**

A high energy workout using the Keiser M3 indoor cycle. **\*Note: 1<sup>st</sup> time participants must show up 15 min. early for orientation\***. No mat work.

### **Spin (Keiser M3 Computer Focus) – All Levels**

Cycling for all levels: beginner/intermediate/advanced. Class is conducted with the focus on utilization of the Keiser M3 computer to improve performance. No mat work.

### **Strength Fundamentals – Advanced Beginner Level**

Class is designed to enhance quality of life, strength, and mobility. Use weights, resistance bands, and gliding disks to engage muscles of the upper and lower body. Engaging, FUN, modifications provided. Use of a chair is optional. No mat work.

### **Strength Fundamentals II – Intermediate Level**

This class takes Strength Fundamentals to the next level. A total body Co-ed fitness class designed to enhance muscular strength, endurance, balance and flexibility. A variety of free weights will be utilized to target upper and lower body. Mat work.

### **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.

### **Tabata – Intermediate to Advanced Level**

Get your heart pumping in this fast-paced, interval style workout that involves working hard for 20 seconds and resting for 10 seconds, repeated for 8 total sets. Great for improving your cardio and for building strength! Mat work.

### **Total Body Fitness – All Levels**

Strength training for the upper and lower body utilizing weights/resistance bands. FUN H.I.I.T. segment to enhance Cardio, Flexibility, Balance and overall Wellness. CORE conditioning component on mat. Mat work.

### **Yoga Sculpt – Intermediate to Advanced Level**

A full body workout designed to build lean muscle, improve stability, endurance and balance. A mix of traditional yoga combined with cardio and strength training. Dumbbells are used during this class. Mat work.

### **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.

# AQUA CLASS SCHEDULE

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Email: FWCFitness@camsmtg.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Groove</b> Donna 8:30 – 9:15	<b>Aqua Tabata</b> Jan 8:30 – 9:15	<b>Aqua Groove</b> Donna 8:30 – 9:15	<b>Aqua Tabata</b> Kim 8:30 – 9:15	<b>Aqua Yoga</b> Kim 8:30-9:15	<b>Aqua Tabata</b> Sara 8:30 – 9:15
<b>Power &amp; Posture</b> Donna 9:30 – 10:15	<b>Total Body Conditioning</b> Jan 9:30 – 10:15	<b>Aqua Yoga</b> Donna 9:30 – 10:15	<b>Total Body Conditioning</b> Jan 9:30 – 10:15	<b>Aqua Pump</b> Jan 9:30 – 10:15	
<b>Open Swim</b> 5:30am-8:15am  10:30am-Close	<b>Open Swim</b> 5:30am-8:15am  10:30am-Close	<b>Open Swim</b> 5:30am-8:15am  10:30am-Close	<b>Open Swim</b> 5:30am-8:15am  10:30am-Close	<b>Open Swim</b> 5:30am-8:15am  10:30am-Close	<b>Open Swim</b> 7:00am-8:15am  9:30am-Close

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## AQUA CLASS DESCRIPTIONS:

**Aqua Fit – Intermediate to Advanced Level** - Get ready to move, sweat (yes you sweat in the water) and smile as you work your entire body. Water weights and noodles will be used at times.

**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

**Aqua Pump – Advanced Beginner to Intermediate Level -**  
This class uses the resistance of water to work all the major muscle groups, increase cardiovascular endurance and improve flexibility

**Aqua Splash – Intermediate to Advanced Level** - This fun and challenging class uses a wide variety of upper body, lower body, and core movements to give participants a great cardio workout

**Aqua Tabata – Intermediate to Advanced Level** - This aqua class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HITT), including the specialized Tabata format, transitions into the water with high powered results

**Aqua Total Body Conditioning – Intermediate to Advanced Level-** Jump in and make a splash with this dynamic cardio workout that tones and tapers the entire body. This aqua workout will provide a low impact, high energy challenge for participants, of all ages, skill and fitness levels

**Aqua Yoga – All Levels-** Using a variety of exercise techniques including aqua yoga and Ai Chi (an aquatic exercise and relaxation technique inspired by Tai Chi), participants will develop proper posture, improve core power and improve full body awareness. The practice of Ai Chi can help enhance stability, promote relaxation, build body strength and challenge balance.

**Power and Posture – All Levels-** Using a variety of exercise techniques including aqua yoga and Ai Chi (an aquatic exercise and relaxation technique inspired by Tai Chi), participants will develop proper posture, improve core power and improve full body awareness. The practice of Ai Chi can help enhance stability, promote relaxation, build body strength and challenge balance.