

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
Spin Erika 7:15 – 8:00	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 Erika 7:15 – 8:00	Spin Juanita 7:30 - 8:15
Spartacus Sue 8:30 – 9:15	Strength & Conditioning Sue 8:30 – 9:15	Spartacus Debbie 8:30 – 9:15	Yoga Sculpt Michelle 8:15-9:00	Tabata Sue 8:30 – 9:15	Boot Camp Juanita 8:30 – 9:15
Cardio, Weights & Abs Mike 9:30 – 10:15		Cardio, Weights & Abs Mike 9:30 – 10:15	Tabata Debbie 9:15 – 10:00	Spartacus Victoria 9:30 – 10:15	
Cardio/Sculpt Mike 10:30 – 11:15	Strength Fundamentals II Juanita 10:30 – 11:15	Cardio/Sculpt Mike 10:30-11:15	On The Ball Debbie 10:15 – 11:00	Cardio & Strength Juanita 10:30 – 11:15	
	Strength Fundamentals Juanita 11:30 – 12:15	Zumba® Kaitlyn 11:30 – 12:15		CHAIR Strength Balance & Flex Juanita 11:45 – 12:30	
	Chair Yoga Marianne 12:30 – 1:30		Strength Fundamentals Juanita 12:30 – 1:15	Strength Fundamentals II Juanita 12:45 – 1:30	
			Chair Yoga Marianne 1:30 – 2:30		
CHAIR Strength Balance & Flex Juanita 3:00 – 3:45		CHAIR Strength Balance & Flex Juanita 3:00 – 3:45			
Spin (Beginner/ Intermediate) Erika 4:30 – 5:15		20-15-10 Juanita 4:15 – 5:00			
Total Body Fitness Juanita 5:45 - 6:30		Gentle Yoga/Meditation 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: 1st 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 & Conditioning – All Levels

Total body workout to strengthen muscles and improve endurance using weights, bands, balls and/or gliders. All this fun with some cardio sprinkled in as well. 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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Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Groove Donna 8:30 – 9:15	Aqua Tabata Jan 8:30 – 9:15	Aqua Groove Donna 8:30 – 9:15	Aqua Tabata Kim 8:30 – 9:15	Aqua Yoga Kim 8:30-9:15	Aqua Tabata Sara 8:30 – 9:15
Power & Posture Donna 9:30 – 10:15	Total Body Conditioning Jan 9:30 – 10:15	Aqua Yoga Donna 9:30 – 10:15	Total Body Conditioning Jan 9:30 – 10:15	Aqua Pump Jan 9:30 – 10:15	
Open Swim 5:30am-8:15am 10:30am-Close	Open Swim 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.

VIRTUAL CLASS SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

Once you have signed up for a class, you will immediately receive an email confirmation. Then minutes before the class is about to begin, an email stating "click here to join" will be delivered to your inbox. Click the link and enjoy your class!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					VIRTUAL Cardio & Strength Adrienne 8:30 – 9:15am
VIRTUAL Cardio & Strength Adrienne 5:00 – 5:45pm					

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VIRTUAL CLASS DESCRIPTION:

VIRTUAL Cardio & Strength – All Levels

This virtual exercise class blends functional movement with targeted mobility rehabilitation to help the body move better in everyday life. Each session will work to improve core strength, postural control, balance, and cardiovascular fitness using low-impact exercises.