

# 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> Maureen 8:30 – 9:15	<b>Cardio/Core Tabata</b> Mike 8:15 – 9:00	<b>Spartacus</b> Melissa 8:30 – 9:15	<b>Yoga Sculpt</b> Michelle 8:15-9:00		<b>Boot Camp</b> Maureen 8:30 – 9:15
<b>Cardio, Weights &amp; Abs</b> Mike 9:30 – 10:15	<b>On The Ball</b> Melissa 9:15 – 10:00	<b>Cardio, Weights &amp; Abs</b> Mike 9:30 – 10:15	<b>Classic Tabata</b> Melissa 9:15 – 10:00	<b>Spartacus</b> Mike 9:30 – 10:15	<b>Zumba®</b> Darguin 9:30 – 10:30
<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> Melissa 10:15 – 11:00	<b>Cardio &amp; Strength</b> Mike 10:30 – 11:15	
<b>Zumba® Gold Plus</b> Stephanie 11:30 – 12:30	<b>Strength Fundamentals</b> Juanita 11:30 – 12:15	<b>Zumba® Gold Plus</b> Stephanie 11:30 – 12:30		<b>CHAIR Strength Balance &amp; Flex</b> Juanita 11:45 – 12:30	
			<b>Strength Fundamentals</b> Juanita 12:30 – 1:15		
<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>*NEW CLASS* Adaptive Yoga</b> Cecelia 3:00 – 4:00 <b>*Starting 11/9</b>		
<b>Circuit Charge</b> Juanita 6:00 - 6:45		<b>20-15-10</b> Juanita 6:00 - 6:45	<b>Zumba®</b> Kaitlyn 5:30 – 6:30		
		<b>Gentle Yoga/Meditation</b> Juanita 7:00-8:00			

**\*\* 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! Mat work  
20 minutes cardio, 15 minutes strength, 10 minutes core

### **Adaptive Yoga – 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. This includes the option to use a bar for assistance with poses that require balance.

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

Fast paced intervals with short rest periods will provide a challenging cardio workout, improve muscular endurance, and build core strength. 30 minutes of cardio, consisting of low impact or high impact bodyweight exercises, with some dumbbell work. 10-15 minutes of challenging core exercises on the mat. Includes 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 10 minutes of core 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.

### **Circuit Charge – Intermediate Level**

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

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

This HIIT-style class involves intense bursts of exercises for 20 seconds and a short rest period of 10 seconds. Great for improving cardio and increasing muscular endurance. A wide variety of exercises and equipment will be used. 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 and torch fat. 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.

### **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.

### **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.

### **Zumba® Gold Plus– Beginner to Intermediate**

Have fun in this low impact, moderately paced, easy to follow, Latin dance fitness class. Agility, balance, mobility and strength are woven into fun world rhythms that will keep the body and brain youthful. No mat work.

# AQUA CLASS SCHEDULE

**AQUA CLASSES WILL BE HELD IN THE INDOOR POOL STARTING ON OCTOBER 1**

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Class reservations can be made up to 7 days in advance

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Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Aqua Pump</b> Melissa 7:30 – 8:15		<b>Aqua Tabata</b> Melissa 7:30 – 8:15		
<b>Aqua Groove</b> Susan 8:30 – 9:15	<b>Aqua H.E.A.T</b> Susan 8:30 – 9:15		<b>Aqua Splash</b> Susan 8:30 – 9:15	<b>Aqua Tabata</b> Melissa 8:30-9:15	<b>Aqua Fit</b> Sara 8:30 – 9:15
	<b>Total Body Conditioning</b> Susan 9:30 – 10:15		<b>Total Body Conditioning</b> Susan 9:30 – 10:15	<b>Aqua Pump</b> Melissa 9:30 – 10:15	
<b>Open Swim</b> 5:30am-7:30am  10:30am-Close	<b>Open Swim</b> 5:30am-7:30am  10:30am-Close	<b>Open Swim</b> 5:30am-7:30am  10:30am-Close	<b>Open Swim</b> 5:30am-7:30am  10:30am-Close	<b>Open Swim</b> 5:30am-8:30am  10:30am-Close	<b>Open Swim</b> 5:30am-8:30am  10:30am-Close

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## AQUA CLASS DESCRIPTIONS

**Aqua Blast – All Levels** - A full body cardio and toning workout designed to get you moving and having fun! This class will utilize water resistance as well as tools such as noodles, water weights, etc.

**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 H.E.A.T - Intermediate to Advanced Level** – Get ready to crank it up with this High Energy Aquatic Training (HEAT) Class. Jump, kick, and jab your way through this high powered, interval training workout.

**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 Wave – Intermediate Level-** Have fun and target every major muscle group in this intermediate level class which uses bodyweight exercises performed for 30-45 seconds

**Aqua Yoga – Beginner to Intermediate Level-** Bring your yoga practice to the pool, where you will work on various yoga poses, breathwork, and meditation. Yoga poses performed in the water are low impact and can be easily modified for those with physical limitations.

**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