

REFLECTIONS 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
NEW Strong Vinyasa Flow Mary 7:15 – 8:15				*NEW* Strong Vinyasa Flow Mary 7:15 – 8:15	
TIME CHANGE Yoga For Fitness Mary 8:30 – 9:30	Morning Vinyasa Flow Michelle 8:15 – 9:15	Pilates (8:15) Susan 8:15 – 9:15	Pilates Victoria 8:25 – 9:15	*TIME CHANGE* Yoga For Fitness Mary 8:30 – 9:30	Somatic Developmental Yoga Kim 8:30 – 9:30
	NEW Yin Yoga Mary 9:30 – 10:30	Pilates (9:30) Susan 9:30 – 10:30	Basic Yoga Juanita 9:30 – 10:30		Slow Flow Yoga & Mobility Julie 9:45 – 10:45
Gentle Flow Yoga Julie 11:00 – 12:00	Vinyasa Yoga Kellie 11:00 – 12:00	Gentle Yoga (10:45) Kristin 10:45 – 11:45	Barre Victoria 11:00 – 11:45	Pilates Victoria 11:00 – 12:00	
	Slow Flow Yoga & Mobility Julie 4:15 – 5:15	Mobility & Myofascial Release Dylan 4:30 – 5:30			
Yin/Restorative Yoga Victoria 5:15 – 6:15	Ballroom & Latin Dance Kirill 5:30 – 6:30				

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

Open Hours of Use for Reflections Group Fitness Room

****Please allow for 15 minutes of setup time before the start of any fitness class****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am – 7:00am	5:30am – 8:00am	5:30am – 8:00am	5:30am – 8:10am	5:30am – 7:00am	5:30am – 8:15am
9:45am – 10:45am	12:15pm – 4:00pm	12:00pm – 4:15pm	12:00pm – Close	9:45am – 10:45am	11:00am - Close
12:15pm – 5:00pm	6:45pm - Close	5:45pm - Close		12:15pm – Close	
6:30pm - Close					

Revised: 7/28/2025

CLASS DESCRIPTIONS:

Ballroom & Latin Dancing – All Levels

Learn to dance Foxtrot, Rumba, and Swing as a new hobby, a way to connect with your partner, or to improve your physical and emotional health in a fun way. Join as a beginner or bring your dance skills to the next level. **No partner needed!**

Barre – All Levels

Using the support of a barre, participants will use low impact movements and poses to target the core, glutes, hips, and even the upper body. Mat work.

Barre Sculpt – Advanced Beginner Level

Ballet inspired workout for non-dancers. Taking techniques and influence from classical ballet, Barre Sculpt shall tone, strengthen, and lengthen your muscles without adding bulk. It is a low impact form of exercise, so it is gentle on your joints and suitable for all ages. Mat work

Basic Yoga – All Levels

Basic yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels with modifications offered as needed. Generally a slower pace than vinyasa yoga. Includes mat work.

Cardio Pilates – Intermediate to Advanced Level

Get your spine realigned, arms moving, booty shaking and abs burning in this full body workout! We will work to strengthen the appendages to add stability to the body and prevent injury moving forward by using weights and additional props in each class. Mat work.

Gentle Flow Yoga – Beginner to Experienced Beginner Level

Our gentle flow class is a softer option to a traditional vinyasa flow. The focus of this hour is to blend breath and movement that will encourage the body to lengthen and strengthen as the mind clears. Mat work.

Gentle Yoga – Beginner to Experienced Beginner Level

A gentle journey on the mat; Reduce stress, stretch limbs/ muscles, calm the mind, balance, breathe, and enhance circulation. Mat work

Mobility & Myofascial Release – All Levels

This rejuvenating yoga class combines the power of mobility exercises with the therapeutic benefits of Myofascial Release (MFR). Designed to enhance flexibility, improve joint function, and release tension, this class blends mindful movement with targeted MFR techniques to promote a deep sense of relaxation and increased overall mobility. Includes mat work.

Morning Vinyasa Flow – Beginner to Intermediate Level

Start your day with a 60-minute class to help students explore the fundamental principles & postures of a vinyasa flow while working on safe alignment and cues. You'll leave feeling refreshed and ready to tackle the day! Mat work.

Pilates – Intermediate to Advanced Level

This low impact mat class will focus on movements that engage the major muscle groups of the core, including the abdominals, the back, hips, glutes, hamstrings, and more. This will help to improve posture, balance, flexibility, and core strength. Includes mat work.

Slow Flow & Restore Yoga – All Levels

A blend of gentle flow and restorative yoga. During the gentle yoga portion of class, students will reconnect with their body through mindful movement and breath. The second portion of the class will be restorative yoga, where students will enter a state of rest and reset while being supported by blankets, blocks, and/or bolsters. Mat work.

Slow Flow Yoga & Mobility – All Levels

Give all of your joints some TLC with a slow yoga flow that explores head to toe mobility with plenty of room for fun and exploration. All levels encouraged! Mat work.

Somatic Developmental Yoga – All Levels

This class is a combination of classical yoga asana and Somatic movement education. Based on infant development and somatic principles, this form of yoga re-educates the neuromuscular system toward greater health and well-being. Mat work.

Strong Vinyasa Flow – Intermediate to Advanced Level

Flowing Vinyasa sequences combined with standing poses, forward bends, back bends, twists, and balances to energetically work the whole body. Mat work

Vinyasa Yoga – Intermediate Level

This intermediate level class cues movement and breath to focus the mind, build strength and flexibility, and encourage healthy movement. Dharma Talk, Sun Salutations, Flow, Backbends, and Savasana will be foundational to this weekly practice. Mat work.

Tai Chi – Yang 24 Forms – All Levels

Stand tall and be rooted while gliding, turning and flowing through this popular tai chi routine. Move slow and mindful thru self-defense movements to strengthen posture, core and low body, and move joints through circular ranges of motion. Good for balance, strength, relaxation and deep breathing. No mat work.

Yin Yoga – All Levels

This meditative style of yoga focuses on holding long deep stretches on the mat, sometimes utilizing props like bolsters, blocks, blankets, and straps. Yin not only focuses on opening up the muscle tissue, but also fascial tissue and connective tissue

Yin/Restorative Yoga – All Levels

A blend of two of the more gentle and recuperative styles of yoga. Poses will be held for longer periods of time to healthfully lengthen ligaments and soothe the nervous system. Props will be used to properly align the body for a mind, body, and spirit restoration. This class is practiced entirely on the mat.

Yoga for Endurance – Intermediate Level

A flow class with a focus on balance, stamina, and flexibility. We will work towards more advanced poses. Mat work.

Yoga for Fitness – Experienced Beginner to Intermediate

A flow class with a focus on safety and alignment. Expect to balance, twist, backbend and more. Mat work.