



VIRTUAL CLASS SCHEDULE

We have two separate schedules

The first has most of our usual land classes. The second is tailored to those who typically take aqua classes.

Front Desk Phone: (910) 342 - 2215 Email: FWCFitness@camsmgmt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00 121 826 366		Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00 334 211 809	Spartacus Mike S. 7:00 - 7:45 947 299 975	
	Body Sculpt Alan 8:15 - 9:00 156 828 422	Cardio Weights & Abs Michele 8:30 - 9:15 266 319 488	Core, Flex & Balance Kristen 8:15 - 9:00 325 105 136	Last Class on Sept 11th	Power Yoga Kristen 8:30 - 9:30 590 935 114
	Flow Yoga Kristen 9:15 - 10:30 682 718 614		Gentle 1 Yoga Kristen 9:15 - 10:30 940 775 137	Spartacus Michele 9:00 - 9:45 770 201 068	
Cardio, Weights & Abs Michele 9:30 - 10:15 949 5198 5869	C.S.I. Adrienne 9:30 - 10:15 129 079 184	Pilates 1.0 Michele 9:30 - 10:30 949 5198 5869	C.S.I. Adrienne 9:30 - 10:15 910 5470 6319	Pilates 2.0 Michele 10:00 - 11:00 939 2589 7944	
Pilates 2.0 Michele 10:30 - 11:30 634 381 331	Gentle 1 Yoga Kristen 10:30 - 11:30 304 983 986	Pilates 2.0 Kristen 10:30 - 11:30 343 331 407	Gentle Yoga 2 Heather 10:30 - 11:30 541 837 274	Cardio & Strength Mike S. 9:55 - 10:40 313 259 521	
Cardio/Sculpt Mike 11:45 - 12:30 191 589 259	Gentle 2 Yoga Kristen 11:45 - 12:45 877 376 845	Intro To Pilates Michele 10:45 - 11:45 940 1611 2432	Gentle 1 Yoga Heather 11:45 - 12:45 808 084 011		
Cardio & Strength Mike S. 12:45 - 1:30 780 838 817		Cardio/Sculpt Mike 11:45 - 12:30 539 789 614	Meditation & Breath Work Heather 1:00 - 2:00 770 436 976	CHAIR Strength Balance & Flex Juanita 11:45 - 12:30 813 693 755	
			Adaptive Yoga Cecelia 2:15 - 3:15 226 385 346		
CHAIR Strength Balance & Flex Juanita 3:00 - 3:45 543 786 053		CHAIR Strength Balance & Flex Juanita 3:00 - 3:45 433 240 674			
Circuit Charge Juanita 6:00 - 6:45 576 667 366	Flow Yoga Pious 5:30 - 6:30 573 097 440	20-15-10 Juanita 6:00 - 6:45 148 184 129	Flow Yoga Pious 5:30 - 6:30 647 536 955		
	Yin Yoga Pious 6:45 - 7:45 792 705 223	Gentle Yoga/ Meditation Juanita 7:00-8:00 809 404 017	Yin Yoga Pious 6:45 - 7:45 771 958 165		



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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio/Strength Level 2 Michele 8:30 – 9:15 339 182 523	Cardio/Strength Level 1 Sara 8:30 – 9:15 676 963 377	Class cancelled on Sept 9th	Cardio/Strength Level 1 Sara 8:30 – 9:15 675 228 496	Cardio/Strength Level 2 Adrienne 8:30 – 9:15 172 356 798	Cardio/Strength Level 3 Jeanne 8:30 – 9:15 359 358 187
Cardio/Strength Level 2 Adrienne 9:30 – 10:15 848 872 144	Cardio/Strength Level 3 Michele 9:30 – 10:15 305 764 394	Cardio/Strength Level 2 Adrienne 9:30 – 10:15 981 493 448	Cardio/Strength Level 3 Michele 9:30 – 10:15 819 396 131	Cardio/Strength Level 1 Adrienne 9:30 – 10:15 989 459 011	

NEW CLASS on 9/19

* SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

GENTLE LAND CLASS DESCRIPTIONS

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

Instructor will email you a list of props needed for each class.

Cardio/Strength Level 1 – Low intensity, gentle cardio. Chair may be used. Strength training with various weighted props at participant's discretion. No floor work.

Cardio/Strength Level 2 – Mid-range intensity cardio. Chair may be used. Cardio will be at a slightly faster pace than Level 1. Strength training with various weighted props at participant's discretion. No floor work.

Cardio/Strength Level 3 – Higher intensity cardio. Cardio will be at a slightly faster pace than Level 2. Strength training with various weighted props at participant's discretion. No floor work.

VIRTUAL LAND CLASS DESCRIPTIONS: See separate list of props needed for each class.

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

Body Sculpt –Intermediate to Advanced Level

Tabata segments are divided up into 20 seconds of hard work followed by 10 seconds of active rest. Classes will focus on plyometric/high intensity aerobics, core, and strength. Some 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.

Cardio/Sculpt - Advanced Beginner to Intermediate

Total body experience using weights, bands, balls, magic circles, and more. A great way to get moving! No mat work.

Cardio & Strength – Beginner/Advanced Beginner

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 Low or high impact cardio combined with dumbbell and mat work.

CHAIR Strength, Balance & Flexibility- Beginner

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

Circuit Charge – Intermediate Level

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

Core, Flex & Balance - Advanced Beginner to Intermediate

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

Pilates - Intro - Beginner Level

Introduces foundation of movement, language & use of props. Gentle work to balance all muscle groups' strength & flexibility emphasizing core using Stotts Pilates method. Props used to promote proper form. All mat work.

Pilates 1.0 - Advanced Beginner

Continue to build your practice with more complex movements and occasional use of light weights. Start exploring more precise and dynamic exercises. Class tempo is moderate and focuses on a steady class flow. Intermediate exercises and coordinated movements are introduced with modifications and progressions to give students a more challenging workout. All mat work.

Pilates 2.0 - Intermediate Level

Intermediate classes are great for students who are more familiar with Pilates principles and who want to step up the intensity of their workout. These classes move at a faster pace than Beginner classes and will build on fundamental techniques. All mat work.

Spartacus – Advanced Beginner to Intermediate Level

Challenging weight training designed to build lean muscle and torch fat. Some mat work or modifications made if mat work not feasible. Mat work.

Stretch & Tone for VITALITY – Beginner to Advanced Beginner

Co-ed fitness program designed for golfers & all others exploring fitness. With intent, your instructor will guide you through moments to enhance flexibility, balance, & muscle tone. Class concludes with CORE conditioning component on mat. Mat work.

Total Body Conditioning – Intermediate to Advanced Level

Increases endurance, strength and tone in a timed-station format combining cardio, weights & mat work. The circuit format allows participants to work at their own level. Mat work

Yoga - Adaptive – All levels

Any level of physical disability, including impaired mobility, and balance. Traditional yoga poses will be adapted for the individual's level of fitness and ability. Mat or chair work

Yoga - Gentle 1 – Beginner to Experienced Beginner

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

Yoga - Gentle 2 – Experienced Beginner to Intermediate

Review basic poses & work on more challenging poses. Class begins on mat, guided thru yoga poses invigorating the body with increased strength, flexibility and range of motion. Special attention is paid to finding proper alignment while working on balance & strength. Mat work

Yoga - Gentle Meditative – All levels

Class starts with breath and gentle yoga on mat to promote flexibility, balance, enhance circulation and strength. Second 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

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.

Yoga – Power – Intermediate to Advanced

An empowering practice harnessing strength, flexibility and balance synchronized to the breath. Mat work

Yoga – Flow – Intermediate to Advanced

Vinyasa (translates to “flowing with breath”). Sequences involving sun salutations, standing and seated postures with a strong focus on the power of breath awareness.

Yoga – Yin – All levels

Long, passive floor poses lengthening connective tissue to increase flexibility. Functional release of deep muscle tissue.