

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@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00		Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Spartacus Mike S. 7:00 - 7:45	
	Body Sculpt Alan 8:15 - 9:00	Cardio Weights & Abs Michele 8:30 - 9:15	Core, Flex & Balance Kristen 8:15 - 9:00	Total Body Conditioning Jeanne 8:15 - 9:00	Power Yoga Kristen 8:30 - 9:30
Cardio, Weights & Abs Michele 9:30 - 10:15	Vinyasa Flow Yoga Kristen 9:30 – 10:30 new start time		Gentle 1 Yoga Kristen 9:30 – 10:30 new start time	Spartacus Michele 9:00 - 9:45	
PILATES Michele 10:30 - 11:30	Gentle 1 Yoga Kristen 10:30 - 11:30	Pilates Kristen 10:30 - 11:30	Gentle Yoga 2 Heather 10:30 - 11:30	Cardio & Strength Mike S. 9:55 - 10:40	
Zumba Victor 11:00 - 12:00	Gentle 2 Yoga Kristen 11:45 - 12:45	Zumba Victor 11:00 - 12:00	Gentle 1 Yoga Heather 11:45 - 12:45	Zumba Victor 11:00-12:00	
Cardio/Sculpt Mike 11:45 – 12:30	C.S.I. Adrienne 1:00 – 1:45	Cardio/Sculpt Mike 11:45 - 12:30	Meditation & Breath Work Heather 1:00 – 2:00	CHAIR Strength Balance & Flex Juanita 11:45 – 12:30	
Cardio & Strength Mike S. 12:45 – 1:30			Adaptive Yoga Cecelia 2:15 – 3:15		
CHAIR Strength Balance & Flex Juanita 3:00 – 3:45		CHAIR Strength Balance & Flex Juanita 3:00 – 3:45			
Circuit Charge Juanita 6:00 - 6:45	Flow Yoga Pious 5:30 – 6:30	20-15-10 Juanita 6:00 - 6:45	Flow Yoga Pious 5:30 – 6:30		
	Yin Yoga Pious 6:45 – 7:45	Gentle Yoga/Meditation Juanita 7:00-8:00	Yin Yoga Pious 6:45 – 7:45		

** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

SEE BELOW FOR CLASS DESCRIPTIONS



GENTLE LAND CLASSES TO REPLACE AQUA CLASSES

Those Who Usually Take Aqua Classes: These are Tailored For You!

Front Desk (910) 342 - 2215

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio/Strength Level 2 Michele 8:30 – 9:15	Cardio/Strength Level 1 Sara 8:30 – 9:15	Cardio/Strength Level 3 Jeanne 8:30 – 9:15	Cardio/Strength Level 1 Sara 8:30 – 9:15	Cardio/Strength Level 2 Adrienne 8:30 – 9:15
Cardio/Strength Level 2 Adrienne 9:30 – 10:15	Cardio/Strength Level 3 Michele 9:30 – 10:15	Cardio/Strength Level 2 Michele 9:30 – 10:15	Cardio/Strength Level 3 Michele 9:30 – 10:15	Cardio/Strength Level 1 Adrienne 9:30 – 10:15

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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 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 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 props at participant’s discretion. No floor work.

LAND CLASS DESCRIPTIONS: Instructor will email you a 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 – Advanced Beginner to Intermediate

Builds core muscle groups through Pilates-inspired exercises increasing flexibility & posture. Some balance work. All mat.

Core, Flex & Balance - Advanced Beginner to Intermediate

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

Pilates - Advanced Beginner to Intermediate Level

Core conditioning class to improve posture and balance by strengthening the abdominal and low-back area. Strengthens upper and lower body with body weight or small equipment. 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 – Vinyasa 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.