



## BRUNSWICK FOREST FITNESS & WELLNESS

VIRTUAL CLASS SCHEDULES (see 2<sup>nd</sup> schedule for classes adapted to aqua fitness participants)

USE MINDBODY APP FOR CLASS REGISTRATION

Front Desk Phone (910) 342 – 2215 Email: FWCFitness@camsmgt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spin</b> Juanita In-Person Leland Room 7:30 – 8:15	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00	<b>Spartacus</b> Mike S. 7:00 - 7:45	<b>Spin</b> Juanita 7:30 - 8:15 In-Person Leland Room
	<b>Flow Yoga</b> Kristen 9:15 – 10:15	<b>Cardio Weights &amp; Abs</b> Michele 8:30 - 9:15	<b>Core, Flex &amp; Balance</b> Kristen 8:15 - 9:00	<b>Pilates 2.0</b> Michele 8:00 – 8:55	<b>Power Yoga</b> Kristen 8:00 - 9:30
<b>Cardio, Weights &amp; Abs</b> Michele 9:30 - 10:15	<b>C.S.I.</b> Adrienne 9:30 – 10:15	<b>Pilates 1.0</b> Michele 9:30 – 10:15	<b>Gentle 1 Yoga</b> Kristen 9:15 – 10:15 <b>C.S.I.</b> Adrienne 9:30 – 10:15	<b>Spartacus</b> Michele 9:00 - 9:45	
<b>Pilates 2.0</b> Michele 10:30 - 11:30	<b>Gentle 1 Yoga</b> Kristen 10:30 - 11:30	<b>Pilates</b> Kristen 10:30 - 11:30	<b>Gentle Yoga 2</b> Heather 10:30 - 11:30	<b>Cardio &amp; Strength</b> Mike S. 10:00 - 10:45	
<b>Cardio/Sculpt</b> Mike 11:45 - 12:30	<b>Gentle 2 Yoga</b> Kristen 11:45 - 12:45	<b>Cardio/Sculpt</b> Mike 11:45 - 12:30	<b>Gentle 1 Yoga</b> Heather 11:45 - 12:45		
<b>Cardio &amp; Strength</b> Mike S. 12:45 – 1:30			<b>Meditation &amp; Breath Work</b> Heather 1:00 – 2:00	<b>CHAIR Strength Balance &amp; Flex</b> Juanita 11:45 – 12:30	
			<b>Adaptive Yoga</b> Cecelia 2:15 – 3:15		
<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>Circuit Charge</b> Juanita 6:00 - 6:45		<b>20-15-10</b> Juanita 6:00 - 6:45			
<b>Balance Roll &amp; Stretch</b> Michele 7:30 – 8:15		<b>Gentle Yoga/Meditation</b> Juanita 7:00-8:00	<b>Balance Roll &amp; Stretch</b> Michele 7:30 – 8:15		

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

## **VIRTUAL LAND CLASS DESCRIPTIONS:**

**Balance, Roll & Stretch** - All levels Improve your balance, restore/increase your range of motion through Myofascial Release (MFR) followed by a great stretch to increase flexibility. Mat work with foam roller & small ball (tennis sized) and optional foam stick.

### **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

### **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 1.0 – Advanced Beginner to Intermediate**

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

### **Pilates 2.0 - 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.

### **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.

### **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.**

### **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.

### **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, & balance. Traditional yoga poses will be "adapted" for the individual's level of fitness and ability. Mat or chair 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 – Gentle/Meditative - All Levels**

Class starts with breath & gentle yoga on MAT to promote flexibility, balance, enhance circulation and strength. 2<sup>nd</sup> 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

### **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

### **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.

### **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



# 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 and No Mat Work**

**Front Desk (910) 342 – 2215**

**FWCFitness@camsmgmt.com**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio/Strength Level 2</b> Michele 8:30 – 9:15	<b>Cardio/Strength Level 1</b> Sara 8:30 – 9:15		<b>Cardio/Strength Level 1</b> Sara 8:30 – 9:15	<b>Cardio/Strength Level 2</b> Adrienne 8:30 – 9:15	<b>Cardio/Strength Level 3</b> Jeanne 8:15 – 9:15
<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15	<b>Cardio/Strength Level 3</b> Michele 9:30 – 10:15	<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15	<b>Cardio/Strength Level 3</b> Michele 9:30 – 10:15	<b>Cardio/Strength Level 1</b> 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 depict increase in aerobic intensity.**

**Light weights used in classes.**

**Level 1** – Lowest cardio intensity. Light weights. Chair may be used. No mat work.

**Level 2** – Mid-range intensity cardio. Light/Medium weights. Chair may be used. No mat work.

**Level 3** – Highest intensity (but still lower than classes on separate schedule.) Some level 3 classes are taught with a Tabata format, i.e. 20 seconds cardio with 10 second rests. No mat work.