

# CLASS SCHEDULE

## LELAND ROOM SCHEDULE

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 7:30 – 8:15	<b>Stretch&amp;Tone 4 VITALITY</b> Juanita 7:15 - 8:00		<b>Spin</b> Juanita 7:30 - 8:15
	<b>Cardio &amp; Core Tabata</b> Mike 8:30-9:15	<b>Cardio Weights &amp; Abs</b> Mike 8:30 – 9:15	<b>Total Body Flow &amp; Core</b> Dahlya 8:15-9:00		
<b>Cardio, Weights &amp; Abs</b> Mike 9:30 - 10:15			<b>Zumba®</b> Dahlya 9:15-10:00	<b>Spartacus</b> Mike 9:00 - 9:45	
<b>Cardio/Sculpt</b> Mike 10:30-11:15	<b>Zumba®</b> Stephanie 10:45-11:45	<b>Cardio/Sculpt</b> Mike 10:45-11:30	<b>Cardio &amp; Core Tabata</b> Mike 10:45-11:30	<b>Cardio &amp; Strength</b> Mike S. 10:00 - 10:45	
<b>Zumba®</b> Stephanie 11:30-12:30		<b>Zumba® Tone</b> Stephanie 11:45-12:45		<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>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

### **Beginner Pilates – Beginner Level**

With a focus on the breath and flow, Pilates exercises relieve stress and soothe aches and pains. The cues and corrections of each class will increase your postural and muscular awareness, both inside the studio and the minute you step out of it. This class is for people who have never tried Pilates before, those who've had a substantial break from the practice, and for those who require some modifications

### **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 Level**

Fast paced intervals with short rest periods will provide a challenging cardio workout, improve muscular endurance, and build core strength. 25 minutes of cardio, consisting of low impact or high impact bodyweight exercises, with some dumbbell work. 15-20 minutes of challenging core exercises on the mat. Includes 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.

### **Intermediate Pilates – Advanced Beginner to Intermediate Level**

Improve postural awareness and strengthen core musculature through more challenging Pilates exercises. Class is recommended for individuals who have more experience taking Pilates classes.

### **Spartacus – Intermediate to Advanced 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.

### **Stretch & Strengthen Yoga – Beginner to Advanced Beginner**

Class begins with seated stretches, then moves to gentle poses on hands & knees, followed by sun salutations, standing poses, balancing, and abdominal work. Finish on the mat with meditative relaxation poses.

### **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 – 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 - 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.

### **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® Tone– Beginner to Advanced Beginner**

Latin based dance class, great for beginners or for participants needed a more modified version of Zumba. This will be a fun dance routine that also focuses on balance and muscle toning. No mat work

### **Total Body Flow and Core – All Levels**

Class starts with a warmup consisting of stretching, activating all muscle groups, core work, and some light cardio. The class will use dumbbells, mats, physioballs and integrate techniques from yoga, pilates, tai chi, and cardio, all while accessing the core muscles. All levels from beginner to advanced are encouraged to join. Modifications are offered for beginners. Includes mat work.

# CLASS SCHEDULE

## POOL SCHEDULE

ALL AQUA CLASSES ARE HELD IN THE INDOOR POOL

USE MINDBODY APP FOR CLASS REGISTRATION

Front Desk Phone (910) 342 – 2215

Email: FWCFitness@camsmt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Power and Posture</b> Donna 7:30 – 8:15		<b>Power and Posture</b> Donna 7:30 – 8:15			
<b>Aqua Groove</b> Donna 8:30 – 9:15	<b>Aqua Bootcamp</b> Sara 8:30 – 9:15	<b>Aqua Groove</b> Donna 8:30 – 9:15	<b>Aqua Tabata</b> Sara 8:30 – 9:15	<b>HIIT The Beat</b> Jewell 8:30-9:15	
				<b>Aqua Combos &amp; Strength</b> Jewell 9:30 – 10:15	
	<b>Aqua Zumba®</b> Stephanie 12:00-1:00		<b>Aqua Zumba®</b> Stephanie 12:00-1:00		

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### AQUA CLASS DESCRIPTIONS

**Aqua Boot Camp** – **Advanced Level** - High intensity, military-style workout using interval and strength training.

**Aqua Combos and Strength** – **Beginner to Intermediate Level**- This class uses short movement combos to strengthen memory skills and increase cardiovascular activity. Each class will end with strength training and generous stretching

**Aqua Tabata** - **Intermediate to Advanced Level** - High-intensity, interval training format consisting of multiple sessions of 20 seconds all-out, intense work followed by 10 seconds of passive recovery.

**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 Zumba®** – **Beginner Level to Intermediate Level**– A pool party you shouldn't miss! Class takes place in our heated indoor pool. Integrating the Zumba philosophy with traditional aqua fitness disciplines, this class provides a safe, challenging workout to improve cardio-conditioning, and body-toning.

**HIIT the Beat** – **Intermediate to Advanced Level**- A high-intensity class that combines HIIT (high intensity intervals training) with fun, upbeat music to give you a total body workout

Revised: 10/11/2021

**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