

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
Sunrise Power Yoga Mary 7:00 – 8:00	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00	Spin Juanita 7:30 – 8:15	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00		Spin Juanita 7:30 - 8:15
Yoga Fundamentals Mary 8:15 – 9:15	Cardio & Core Tabata Mike 8:30-9:15	Cardio Weights & Abs Mike 8:30 – 9:15	Total Body Flow & Core Dahlya 8:15-9:00	Align & Flow Yoga Mary 7:45 – 8:45	
Cardio, Weights & Abs Mike 9:30 - 10:15		Pilates SheaRa 9:30 – 10:30	Zumba® Dahlya 9:15-10:00	Spartacus Mike 9:00 - 9:45	
Cardio/Sculpt Mike 10:30-11:15	Zumba® Stephanie 10:45-11:45	Cardio/Sculpt Mike 10:45-11:30	Cardio & Core Tabata Mike 10:45-11:30	Cardio & Strength Mike S. 10:00 - 10:45	
Zumba® Stephanie 11:30-12:30		Zumba® Tone Stephanie 11:45-12:45		CHAIR Strength Balance & Flex Juanita 11:45 – 12:30	
	Align & Flow Yoga Mary 1:00 – 2:00	Yoga Fundamentals Mary 1:00 – 2:00	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		20-15-10 Juanita 6:00 - 6:45			
		Gentle Yoga/Meditation 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

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 to Advanced 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 to Intermediate

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 – Advanced Beginner to Intermediate Level

This class will focus on abdominal strength as well as stretching the back, sides, front body, and hamstrings. This will help to improve posture, balance, flexibility, and core strength. Mat work.

Spartacus – Intermediate to Advanced Level

Challenging weight training workout designed to build lean muscle and torch fat. Use dumbbells and bands to target the upper and lower body. Includes mat exercises which target the core and upper body muscles.

Spin- All Levels

A high energy workout using the Keiser M3 indoor cycle. ***Note: 1st 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 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.

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. This includes the option to use a chair for assistance with poses that require balance. Mat or chair work.

Yoga – Align and Flow – Experienced Beginner to Intermediate

This slow flow class uses a blend of breathing, standing poses, twists, and balances to achieve strength and flexibility. Mat work

Yoga – Fundamentals – Beginner to Experienced Beginner

With an emphasis on seated, supine, and prone poses this class will use the principles of Yin Yoga and Restorative Yoga to stretch and stimulate the deep connective tissues of the body. Mat work.

Yoga – Gentle/Meditative - All Levels

Class starts with breath & gentle yoga on MAT to promote flexibility, balance, enhance circulation and strength. 2nd 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- Sunrise Power – Intermediate to Advanced

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

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

CLASS SCHEDULE

POOL SCHEDULE

ALL AQUA CLASSES ARE HELD IN THE INDOOR POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power and Posture Donna 7:30 – 8:15		Power and Posture Donna 7:30 – 8:15			
Aqua Groove Donna 8:30 – 9:15	*NEW* Aqua H.E.A.T SheaRa 8:30 – 9:15	Aqua Groove Donna 8:30 – 9:15	*NEW* Aqua Splash SheaRa 8:30 – 9:15	HIIT The Beat Jewell 8:30-9:15	HIIT The Beat Jewell 8:30-9:15
Total Body Conditioning SheaRa 9:30 – 10:15	Total Body Conditioning SheaRa 9:30 – 10:15	Aqua Pilates Donna 9:30 – 10:15	Total Body Conditioning SheaRa 9:30 – 10:15	Aqua Combos & Strength Jewell 9:30 – 10:15	
	Aqua Zumba® Stephanie 12:00-1:00		Aqua Zumba® Stephanie 12:00-1:00		
Open Swim 10:30am-Close	Open Swim 10:30am-11:45am 1:15pm-Close	Open Swim 10:30am-Close	Open Swim 10:30am-11:45am 1:15pm-Close	Open Swim 10:30am-Close	Open Swim 9:30am-Close

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AQUA CLASS DESCRIPTIONS

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

***NEW* Aqua H.E.A.T - Intermediate to Advanced Level –** Get ready to crank it up with this High Energy Aquatic Training (HEAT) Class. Jump, kick, and jab your way through this high powered, interval training workout.

Aqua Pilates – Beginner to Intermediate Level- Challenge your flexibility and core stabilization during this Peyow Aqua Pilates class. Use isometric holds to activate and strengthen the core muscles in a way that is low impact and safe for the joints.

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

***NEW* Aqua Splash – Intermediate to Advanced Level –** This fun and challenging class uses a wide variety of upper body, lower body, and core movements to give participants a great cardio workout.

Aqua Total Body Conditioning – Intermediate to Advanced Level- Jump in and make a splash with this dynamic cardio workout that tones and tapers the entire body. This aqua workout will provide a low impact, high energy challenge for participants, of all ages, skill and fitness levels

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

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