

LELAND ROOM CLASS SCHEDULE

USE MINDBODY APP FOR CLASS REGISTRATION

Class reservations can be made up to 7 days in advance

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	Spin Juanita 7:30 – 8:15	Stretch&Tone 4 VITALITY Juanita 7:15 - 8:00		Spin Juanita 7:30 - 8:15
Spartacus SheaRa 8:30 – 9:15	Cardio/Core Tabata Mike 8:15 – 9:00	Spartacus Melissa 8:30 – 9:15	Core, Flex, and Balance Kristen 8:15-9:00		
Cardio, Weights & Abs Mike 9:30 – 10:15	Zumba® Erica 9:15 – 10:15	Cardio, Weights & Abs Mike 9:30 – 10:15	Classic Tabata Melissa 9:15 – 10:00	Spartacus Mike 9:30 – 10:15	Boot Camp Melissa 9:30 – 10:15
Cardio/Sculpt Mike 10:30 – 11:15		Cardio/Sculpt Mike 10:30-11:15	*NEW CLASS* STRONG Nation Melissa 10:15 – 11:00	Cardio & Strength Mike 10:30 – 11:15	Zumba® Erica 10:30 – 11:30
Zumba® Stephanie 11:30-12:30	*NEW CLASS* Strength Fundamentals Juanita 11:30 – 12:15	Zumba® Tone Stephanie 11:30-12:30		CHAIR Strength Balance & Flex Juanita 11:45 – 12:30	
CHAIR Strength Balance & Flex Juanita 3:00 – 3:45		CHAIR Strength Balance & Flex Juanita 3:00 – 3:45	Adaptive Yoga Cecelia 3:00 – 4:00		
	NEW CLASS STRONG Nation Melissa 4:30 – 5:15 <i>*Starts August 30</i>				
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

Adaptive Yoga – 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 bar for assistance with poses that require balance.

Boot Camp – Intermediate to Advanced Level

This challenging circuit-style class involves moving from station to station with exercises that seek to improve strength, balance, and coordination. Mat work.

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

15 minutes of intense low or high impact cardio exercises, 20 minutes of strength training, and 10 minutes of core exercises on the mat.

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

Classic Tabata – Intermediate to Advanced Level

This HIIT-style class involves intense bursts of exercises for 20 seconds and a short rest period of 10 seconds. Great for improving cardio and increasing muscular endurance. A wide variety of exercises and equipment will be used. Mat work.

Core, Flex & Balance - Experienced Beginner to Intermediate

This is an empowering class that incorporates intervals of strength building, cardio, body weight work, and core work, similar to a HIIT class. This class will challenge your balance, your focus, and body while boosting your metabolism. Mat work.

Prana Pump – Intermediate to Advanced

Known as Bold Yoga this class takes you through a series of Sun Salutations with intervals of strength, cardio and core work woven throughout. 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. Mat work.

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*

Strength Fundamentals – Advanced Beginner Level

Class is designed to enhance quality of life, strength, and mobility. Use weights, resistance bands, and gliding disks to engage muscles of the upper and lower body. Engaging, FUN, modifications provided. Use of a chair is optional. No mat work.

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.

STRONG Nation®– Beginner to Advanced Beginner Level

Low-impact body weight, muscle conditioning, and cardio moves are synced to original music that has been specifically designed to match every single move. The tempo and strength of the beat will challenge your muscles and cardio system to find power, strength, speed, stamina, and mobility. 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

AQUA CLASS SCHEDULE

ALL CLASSES ARE HELD IN THE OUTDOOR POOL UNLESS STATED OTHERWISE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power and Posture Donna 7:30 – 8:15 **Indoor Pool**	Aqua Pump Melissa 7:30 – 8:15	Power and Posture Donna 7:30 – 8:15 **Indoor Pool**	*NEW CLASS* Aqua Pump Melissa 7:30 – 8:15		
Aqua Groove Donna 8:30 – 9:15	Aqua H.E.A.T SheaRa 8:30 – 9:15	Aqua Groove Donna 8:30 – 9:15	Aqua Splash SheaRa 8:30 – 9:15	Aqua Tabata Melissa 8:30-9:15	Aqua Fit Sara 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 Pump Melissa 9:30 – 10:15	Aqua Wave Lina 9:30 – 10:15
Open Swim 10:30am-Close	Open Swim 10:30am-Close	Open Swim 10:30am-Close	Open Swim 10:30am-Close	Open Swim 10:30am-Close	Open Swim 10:30am-Close

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AQUA CLASS DESCRIPTIONS

Aqua Fit – Intermediate to Advanced Level - Get ready to move, sweat (yes you sweat in the water) and smile as you work your entire body. Water weights and noodles will be used at times.

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 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 Pump – Advanced Beginner to Intermediate Level - This class uses the resistance of water to work all the major muscle groups, increase cardiovascular endurance and improve flexibility

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 Tabata – Intermediate to Advanced Level - This aqua class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HITT), including the specialized Tabata format, transitions into the water with high powered results

Revised: 8/22/2022

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 Wave – Intermediate Level- A moderate intensity water workout targeting major muscle groups with no equipment needed. Exercise to your favorite 60's music while we work in 60 second increments

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