

REFLECTIONS 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
Sunrise Power Yoga Mary 8:30 – 9:30	Morning Vinyasa Flow Michelle 8:15 – 9:15			Sunrise Power Yoga Mary 8:30 – 9:30	
Yoga Fundamentals Mary 9:45 – 10:45	Flow Yoga Mary 9:45 – 10:45	Barre SheaRa 9:30 – 10:30	Gentle Yoga Judy 9:30 – 10:30	Yoga Fundamentals Mary 9:45 – 10:45	
	Core Basics Judy 11:00 – 12:00	Gentle Yoga Nicole 10:45 – 11:45	Pilates SheaRa 10:45 – 11:45	Pilates Victoria 11:00 – 12:00	
Barre Sculpt Nancy 11:30 -12:30	Gentle Yoga Judy 12:15 – 1:15	*NEW CLASS* Gentle Yoga Nicole 12:00 – 1:00 *Starting 4/12		*NEW CLASS* Zumba Victoria 12:15 – 1:15 *Starting 4/7	
	Tai Chi Andrea 4:00 – 5:00		*TIME CHANGE* Tai Chi Andrea 4:00 – 5:00 *Starting 4/13		

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

Open Hours of Use for Reflections Group Fitness Room

****Please allow for 15 minutes of setup time before the start of any fitness class****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am – 8:15am	5:30am – 8:00am	5:30am – 9:15am	5:30am – 9:15am	5:30am – 8:15am	5:30am - Close
12:45pm – Close	1:30pm – 3:45pm	12:00pm - Close	1:15pm - Close	1:30pm – Close	
	5:15pm - Close				

CLASS DESCRIPTIONS:

Barre – All Levels

Using the support of a barre, participants will use low impact movements and poses to target the core, glutes, hips, and even the upper body. Mat work.

Barre Sculpt – Advanced Beginner Level

Ballet inspired workout for non-dancers. Taking techniques and influence from classical ballet, Barre Sculpt shall tone, strengthen, and lengthen your muscles without adding bulk. It is a low impact form of exercise, so it is gentle on your joints and suitable for all ages. Mat work

Core Basics – All Levels

Target the muscles of your core in this Pilates-inspired class by performing a blend of yoga poses, barre movements, and mat Pilates exercises. Class involves mat work.

Flow Yoga – Intermediate to Advanced Level

Flowing sequences involving sun salutations, standing and seated postures with a strong focus on the power of breath awareness. Mat work.

Gentle Yoga – Beginner to Experienced Beginner Level

A gentle journey on the mat; Reduce stress, stretch limbs/ muscles, calm the mind, balance, breathe, and enhance circulation. Mat work

Morning Vinyasa Flow – Beginner to Intermediate Level

Start your day with a 60-minute class to help students explore the fundamental principles & postures of a vinyasa flow while working on safe alignment and cues. You'll leave feeling refreshed and ready to tackle the day! Mat work.

Pilates – Intermediate to Advanced 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.

Restorative Yoga – All Levels

A very meditative practice that incorporates the use of props like blankets, bolsters, and blocks to support the body as we hold poses which allow the body to move into a very relaxed state. Mat work.

Sunrise Power Yoga – Intermediate to Advanced Level

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

Tai Chi – All Levels

This Ancient Chinese mindful health exercise includes a slow flow of select Tai Chi movement sequences that will improve your flexibility and strength. Tune your body, breath and bioenergy with QiGong. Top it off with Qi self-care

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.

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