

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 For Fitness Mary 9:45 – 10:45	Yoga For Endurance Mary 9:30 – 10:30	Pilates Susan 9:30 – 10:30	Gentle Yoga Judy 9:30 – 10:30	Yoga For Fitness Mary 9:45 – 10:45	Morning Mobility Maureen 9:45 – 10:30
Barre Sculpt Nancy 11:00 -12:00	Core Basics Judy 11:00 – 12:00	Gentle Yoga Kristin 10:45 – 11:45		Pilates Victoria 11:00 – 12:00	*NEW CLASS* A.S.K. Dan 10:45 – 11:30 *Starting 11/18
Gentle Flow Yoga Victoria 12:15 – 1:15	Gentle Yoga Judy 12:15 – 1:15	Gentle Yoga (12pm) Kristin 12:00 – 1:00			
	Pilates Jenna 1:30 – 2:30		Tai Chi for Health Lin 2:00 – 3:00		
Yang-Style Tai Chi Andrea 4:00 – 5:00			*TIME CHANGE* Cardio Pilates Jenna 5:30 – 6:30 *Starting 11/2		

** 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 – 9:30am
1:30pm – 3:45pm	2:45pm – Close	1:15pm - Close	10:45am – 1:45pm	12:15pm – Close	11:45am - Close
5:15pm - Close			3:15pm – 5:15pm		
			6:45pm - Close		

CLASS DESCRIPTIONS:

A.S.K. (Aerobic Survival Karate) – All Levels

Aerobic Survival Karate (ASK) is a mindfulness approach to self-defense. This program will get you aerobically fit and martially ready. You will learn basic karate (open hand) techniques that are efficient, and you'll learn to execute this martial art mindfully. No mat work.

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

Cardio Pilates – Intermediate to Advanced Level

Get your spine realigned, arms moving, booty shaking and abs burning in this full body workout! We will work to strengthen the appendages to add stability to the body and prevent injury moving forward by using weights and additional props in each class. 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.

Gentle Flow Yoga – Beginner to Experienced Beginner Level

Our gentle flow class is a softer option to a traditional vinyasa flow. The focus of this hour is to blend breath and movement that will encourage the body to lengthen and strengthen as the mind clears. 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 Mobility – All Levels

Promote better movement and improve functional range of motion with dynamic stretching, yoga, agility exercises & myofascial releases. Flexibility and mobility go hand-in-hand. Includes 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 low impact mat class will focus on movements that engage the major muscle groups of the core, including the abdominals, the back, hips, glutes, hamstrings, and more. This will help to improve posture, balance, flexibility, and core strength. Includes 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 for Health – All Levels

This Tai Chi program empowers people to improve their Health and Wellness. Learn movement control, body structure as well as gently stretching the joints from within. Easily learn to improve flexibility, balance and strength. No mat work.

Yang-Style Tai Chi – All Levels

Ancient Chinese mind-body exercise improves balance, flexibility and wellness at a slow pace. Harmonize your being with qigong warm-ups for breathing, posture and relaxation. Practice tai chi stances, weight transfer, rooting, stepping and circular movements. Combine all to flow through 6 forms of Yang Tai Chi each season. No mat work

Yoga for Endurance – Intermediate Level

A flow class with a focus on balance, stamina, and flexibility. We will work towards more advanced poses. Mat work.

Yoga for Fitness – Experienced Beginner to Intermediate

A flow class with a focus on safety and alignment. Expect to balance, twist, backbend and more. Mat work.