

# VIRTUAL CLASS SCHEDULE

## Virtual Class Schedule

(see 2<sup>nd</sup> schedule for classes adapted to aqua fitness participants)

USE MINDBODY APP FOR CLASS REGISTRATION

Front Desk Phone (910) 342 – 2215

Email: [FWCFitness@camsmgt.com](mailto:FWCFitness@camsmgt.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>C.S.I.</b> Adrienne 9:30 – 10:15		<b>C.S.I.</b> Adrienne 9:30 – 10:15		
			<b>Gentle Yoga 2</b> Heather 10:30 - 11:30		
			<b>Gentle 1 Yoga</b> Heather 11:45 - 12:45		
			<b>Meditation &amp; Breath Work</b> Heather 1:00 – 2:00		

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

**VIRTUAL LAND CLASS DESCRIPTIONS:**

**Core, Flex & Balance - Advanced Beginner to Intermediate**

Targeting the core, improves balance & flexibility through dynamic stretches and poses. Mat work.

**C.S.I. - Intermediate to Advanced Level**

Interval training sequences for some calorie burn!  
Builds cardiovascular fitness while improving muscular strength and endurance followed by core work on mat.

**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.

# GENTLE LAND CLASSES TO REPLACE AQUA CLASSES

Those Who Usually Take Aqua Classes: These are Tailored For You!

Classes Are Open To Everyone. All Low Impact With Varying Levels Of Intensity and No Mat Work

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Cardio/Strength Level 2</b> Adrienne 8:30 – 9:15	
<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15		<b>Cardio/Strength Level 2</b> Adrienne 9:30 – 10:15		<b>Cardio/Strength Level 1</b> Adrienne 9:30 – 10:15	

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## GENTLE LAND CLASS DESCRIPTIONS

**All classes will be low impact. No hopping, jumping or jogging. Level 1 to 3 depict increase in aerobic intensity.**

**Light weights used in classes.**

**Level 1** – Lowest cardio intensity. Light weights. Chair may be used. No mat work.

**Level 2** – Mid-range intensity cardio. Light/Medium weights. Chair may be used. No mat work.

**Level 3** – Highest intensity (but still lower than classes on separate schedule.) Some level 3 classes are taught with a Tabata format, i.e. 20 seconds cardio with 10 second rests. No mat work.