

# Fitness Class Schedule

## April 2017

Fitness Classes are included in a CRC Membership. Non-members pay a drop in fee of \$5 per class.

### Monday

6:00am - 6:50am

Bootcamp  
Tiffany/Katie

7:00am - 7:50am

Namaste Cycle  
Charlean

8:00am - 8:55am

Yoga Charlean  
(Waccamaw Room)  
Piloxing Barre Jessica

9:00am - 9:55am

Zumba Pam  
Fit Over 50  
Jessica  
(Collins Kids Court #2)

10:00am - 10:55am

"Tabata"Strength&Core  
Jessica  
(Collins Kids Court #2)  
Zumba Marissa

11:05am - 12:00pm

Chair Yoga  
Dottie

5:00pm - 5:55pm

Step-N-Sculpt  
Joy

5:40pm - 6:30pm

Fit Kids Rachel

6:00pm - 6:45pm

BootCamp  
Tiffany  
(Collins Kids Court #2)

6:50pm - 7:50pm

Yoga  
Christa

### Tuesday

6:00am - 6:50am

P 90x Bootcamp  
Katie  
(Collins Kids Court #2)

8:00am - 8:55am

Yoga  
Emily

9:00am - 9:55am

Zumba Gold  
Dee  
(Collins Kids Court #1)

10:05am - 11:00am

Gentle Yoga  
Sharlene  
Silver Sneakers Classic  
Barbara (Waccamaw Room)

11:05am - 12:00pm

Line Dancing  
Jessica

Pickleball and

Cornhole

9:00am - 12:00pm

5:15pm - 6:15pm

PE for Kids Rachel  
5:15pm - 6pm  
P90x Tiffany

6:05pm - 6:55pm

Zumba  
Marissa

6:55pm - 7:55pm

Yoga  
Sharlene

### Wednesday

5:45am - 6:45am

Bootcamp  
Tiffany  
(Collins Kids Court #2)

8:00am - 8:50am

Barre-Autumn  
8am - 9:30am  
Yoga Charlean  
(Waccamaw Room)

9:00am - 9:55am

Zumba  
Autumn  
Fit Over 50  
Sue  
(Collins Kids Court #2)

10:00am - 10:55am

Strength&Core  
Autumn  
(Collins Kids Court #2)  
Zumba Marissa

11:05am - 12:00pm

Chair Yoga  
Dottie

Pickleball and

Cornhole

5:30pm - 7:30pm

5:00pm - 5:30pm

Floor & Core  
Denise

5:40pm - 6:30pm

Fit Kids  
Rachel

5:40pm - 6:30pm

Cardio Fuse Craze  
Tiffany

6:30pm - 7:30pm

Yoga  
Sharlene

### Thursday

6:00am - 6:50am

P90x Bootcamp  
Katie  
(Collins Kids Court #2)

8:00am - 8:55am

Yoga  
Emily  
(Waccamaw Room)

9:00am - 9:55am

Step-N-Core  
Joy  
Zumba Gold Dee  
(Collins Kids Court #1)

10:05am - 11:00am

Gentle Yoga  
Joy  
Silver Sneakers Classic  
Jessica  
(Waccamaw Room)

11:05am - 12:00pm

Line Dancing  
Jessica

Pickleball and

Cornhole

9:00am - 12:00pm

5:00pm - 5:40pm

Family Yoga  
Floor & Core  
Denise

5:15pm - 6:15pm

PE for Kids  
Rachel

5:45pm - 6:45pm

Bootcamp  
Katie  
(Collins Kids Court #2)

6:30pm - 7:30pm

Tai-Chi John  
(Waccamaw Room)

### Friday

7:00am - 7:50am

Namaste Cycle  
Charlean

8:00am - 8:55am

Barre Autumn

8:00am - 9:30am

Hot Flow Yoga Charlean

9:00am - 9:55am

Zumba  
Pam  
Fit Over 50  
Autumn  
(Collins Kids Court #2)

10:00am - 10:55am

Strength&Core  
Autumn  
(Collins Kids Court #2)  
Chair Yoga Dottie

11:00am - 11:55am

Zumba  
Marissa  
Silver Sneakers Circuit  
Barbara  
(Collins Kids Court #2)

### Saturday

Pickleball and

Cornhole

10:00am - 2:00pm  
(Collins Kids Court #2)

April 1

9:00am - 10:00am  
Zumba  
Jenn H.

April 8

9:05am - 10:00am  
Zumba  
Jenn H.  
10:00am - 11:00am  
P90X Tiffany

April 22

9:00am - 10:30am  
Yoga  
Christa

April 29

9:00am - 10:00am  
Zumba Toning  
Barbara  
10:00am - 11:00am  
Cycle  
Barbara

Jessica Stalvey

Fitness Coordinator  
jstalvey@cityofconway.com  
843-488-1950

Schedule Period:  
April 1<sup>st</sup> - April 29<sup>th</sup>

# HAPPY EASTER

In Observance of the Holiday:  
There Will Be No Scheduled Fitness Classes  
Friday April 14<sup>th</sup> or Saturday April 15<sup>th</sup>  
The CRC Will Be Closed Sunday April 16<sup>th</sup>



# Class Descriptions

## \*All Classes Are Subject To Change Based On Instructor Availability Or Class Participation\*

**Bootcamp:** An intense total body workout that will challenge you with cardio, resistance, and interval training. Monday - Thursday bootcamp classes will incorporate relay formats both indoor & outdoor with occasional P90x Block training. If participating in an **Outdoor” Bootcamp**, please come prepared with the following for this outdoor class: proper attire including light clothing, sunscreen, sunglasses, hats; Inhalers, epinephrine pens or other reactive medications if applicable; lots of water (before, during & after) & a towel.

**Cardio Fuse Craze:** Join in the fun for an hour of FANTASTIC & Cutting Edge Hip Hop dance steps infused with Zumba & Cize! You will surely blast the calories with this high ENERGY workout!! Hip Cardio Craze is designed to challenge the “Dancer” in you!

**CYCLE: Namaste Cycle:** is a great way to experience both the world of cycle and yoga! Come Monday/Friday mornings this month at 7am to enjoy unique cycle experience.

**Saturday Cycle:** Hills, jumps, sprints, oh my! Take your cycling workout indoors with an intense, fun ride.

**Fit Kids:** A class that will engage children in regular exercise disguised as Fun! This Class will introduce children to Circuit Training, Speed/Agility and Games/Relays. Class will include a warm up, stretch, 40 minutes of fun exercise and end with a cool down and stretching. Ages 6+ can enjoy this class!

**Fit Over 50:** A fun and upbeat fitness class for anyone age 50 or older. This class uses a variety of low impact, easy to learn exercises to ignite health and fitness in the older population

**Floor & Core:** Work on strength & stability of the abdominals/back muscles in this class. Creative exercises using mats, bosus, and stability balls are perfect for all fitness levels. No choreography movements are used in these routines. Thursday evenings this month Floor and Core will feature a basic yoga style class for families. This is a perfect way to encourage healthy workout habits all while having fun!!

**Line Dancing:** Are you ready to dance those inches OFF? Have a blast while you blast off calories! This energizing class will introduce beginning moves that build basic line dancing routines to country music, hip-hop, and the occasional “Golden Oldies” ! All fitness levels are welcome, so saddle up and get ready to Boogie!

**P.E. For Kids:** This class is designed to give children ages 6+ the opportunity to develop fitness skills by focusing on concepts like speed, agility, balance, flexibility, & ROM through interactive and energetic activities such as kick ball, circuit stations, parachute games, with occasional free play and many more fun exercise routines.

**Piloxing Barre:** Join us for this dynamic fusion class that combines the elements of pilates, poised dance techniques, and kickboxing moves! This one hour class will use a barre to encourage individuals to achieve proper form while gaining more core strength and balance with bouts of cardio.\*Please Note that classes are to be done without shoes or with grip socks.\* Classes are limited to the first 16 people signed up, please sign-up at the Front Desk.

**P90X!®:** Beach Body’s best selling program is here Live! Experience Cardio X, Lower strength, upper strength, and x core in this total body calorie torcher! A great way to create the ultimate muscle confusion and transform that physique.

**Silver Sneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available for seated and/or standing support.

**Silver Sneakers Circuit :** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

**Strength and Core:** Focuses on major muscle groups including biceps, chest, gluts, abs and quads in a group exercise, body sculpting class.

**Step-N-Core:** An aerobic workout performed by stepping up onto and down from The Step. This is a cardio based class that will increase your endurance and cardiovascular health combined with strength training exercises that will strengthen & tone your body!! Thursday mornings @ 9am class will focus on basic step routines followed by core training exercises the last 20 minutes of class.

**“Tabata” Strength and Core:** Tabata is high intensity interval training using 20 seconds of maximum effort bodyweight exercise followed by 10 seconds of rest. The instructor will show a level 1 modification for beginners, level 2 modification for intermediate participants and level 3 for advanced participants. This is a fast paced calorie torching class! Bring water and a towel and get ready to sweat!

**Tai-Chi:** This class is designed to introduce basic rhythmic Tai Chi principles/postures that promote improvement in circulation & balance, while increasing strength& flexibility.

**Yoga: Chair Yoga-** Gentle yoga poses from a chair position. Great opportunity for those who want to avoid having to get down on the floor. awareness while calming your mind and reducing stress.

**Hot Flow Yoga Friday-** will be featured in the month every Friday. This Yoga style will offer individuals the chance to decompress and detox with vinyasa flow in a heated room. Come prepared to work hard & sweat to funky music with a hot beat!!

**Gentle Yoga-** a class structured around providing stress relieving Yoga poses that both strengthen and stretch the body gradually – Yoga straps and blocks are implemented during class.

**Traditional Yoga-** In a flowing sequence of traditional poses, movement with breath to increase your strength, coordination, concentration, and body awareness while calming your mind and reducing stress.

**Zumba®:** An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It’s exercise in disguise!

**Zumba Toning®:**The Zumba® Toning- program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It’s an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.