

APRIL

Fitness Class Schedule

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

Monday

- 6:00am - 6:50am
Bootcamp
Tiffany
- 6:30am - 7:30am
Cycle
Denise
Beginning 4/9
- 8:00am - 8:55am
Yoga Emily
(Waccamaw Room)
Barre
Dee
- 9:00am - 9:55am
Zumba Pam
9:30am-10:30am
Body Blast
Jessica
Collin's Kids Court #2
- 10:05am - 10:55am
Zumba
Marissa
- 11:05am - 12:15pm
Intermediate Chair Yoga
Dottie
Zumba Circuit
Barbara
(Collins Kids Court #2)
- 4:30pm - 5:00pm
H.I.I.T Yoga
Linda
Beginning 4/9
- 5:15pm - 5:45pm
Floor & Core
Tiffany
- 6:00pm 7:00pm
P90x Power Step
Tiffany

Tuesday

- 6:00am - 6:50am
P 90x Bootcamp
Katie
(Collins Kids Court #2)
6:30am-7:30am
Yin Yoga Denise
Beginning 4/10
- 8:00am - 9:00am
Yoga Gloria
(Waccamaw Room)
- 8:00am-8:45am
Barre
Dee
- 9:00am - 9:55am
Strong by Zumba
Pam
Zumba Gold Dee
(Collins Kids Court #1)
- 10:05am - 11:00am
Traditional 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
Molly
- 5:15pm-6:10pm
Strong By Zumba
Pam & Marissa
- 6:15pm - 7:15pm
Zumba
Marissa

Wednesday

- 5:45am - 6:45am
Bootcamp Tiffany
(Collins Kids Court #2)
- 7:00am - 7:50am
Cycle Beverley
No Class 4/25
- 8am - 9:30am
Yoga Emily
(Waccamaw Room)
8:15am - 8:55am
Barre Autumn
- 9:00am - 9:55am
Zumba Autumn
Fit Over 50 Beverley
(Collins Kids Court #2)
- 10:00am - 10:55am
Strength & Core
Autumn
(Collins Kids Court #2)
Zumba Marissa
- 11:05am - 12:15pm
Intermediate Chair Yoga
Dottie
- Pickleball and Cornhole
5:30pm - 7:30pm
- 4pm- 4:50pm
Bars & Buns
Heather
- 5:30pm - 6:20 pm
Yin Yoga
Dottie
- 6:30pm - 7:30pm
Traditional Yoga
Sharlene

Thursday

- 6:00am - 6:50am
P90x Bootcamp Katie
(Collins Kids Court #2)
- 8:00am - 9:00am
Yoga
Gloria
(Waccamaw Room)
- 8:10am-8:55am
Cardio Kick & Abs
Autumn
- 9:00am - 9:55am
Interval 3-2-1 Jessica
Zumba Gold Dee
(Collins Kids Court #1)
- 10:05am - 11:00am
Gentle Yoga
Christa
Silver Sneakers Classic
Dottie
(Waccamaw Room)
- 11:05am - 12:00pm
Line Dancing
Jessica
- Pickleball and Cornhole
9:00am - 12:00pm
- 5:15pm - 6:15pm
PE for Kids
Molly
- 5:15pm - 6:15pm
Strong by Zumba
Pam & Marissa
- 6:30pm-7:30pm
P90x Power Step
Tiffany

Friday

- 5:45am - 6:50am
P90x Power Step
Tiffany
- 7:00am - 7:50am
Cycle
Beverley
- 8:00am - 9:30am
Hot Flow Yoga
Emily
- 9:00am - 9:55am
Zumba Pam
Fit Over 50
Beverley
(Collins Kids Court #2)
- 10:00am - 10:55am
Strength & Core
Beverley
(Collins Kids Court #2)
Silver Sneakers
Chair Yoga
Dottie
Waccamaw Room
- 11:00am - 11:55am
Zumba Dee G.
Intermediate Chair Yoga
Dottie
(Waccamaw Room)

Saturday

- April 7
9:00am-10:00am
Cardio Kick
Beverley
10:05am-11:00am
Interval 3-2-1
Beverley
- April 14
9:00am-10:30am
Couple's Yoga
Dottie
- April 21
9:00am-10:0am
Cardio Kick
Heather
- April 28
9:00am-9:30am
H.I.I.T Yoga
Linda
9:35am-10:30am
Zumba
Linda

Schedule Period: April 2nd- April 28th

CRC Health Fair April 19, 2018

There Will Be NO Regularly Scheduled

8am, 9am, 10am, 11am Classes

Join us for the fun Yoga/Aerobic Demo Classes*

Available In Fitness Room 9am-11:30am

Demo Schedule is listed in the CRC Newsletter

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

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

Bars and Buns: This fusion style class is a great way to combine traditional lower body exercises that target glutes, thighs, and core with basic Pilates routines for additional abdominal work! Routines implement body weight along with weighted bars and mats. All fitness levels are welcomed

Barre: Join us for this dynamic fusion class that combines the elements of pilates, poised dance techniques ! This 45 minute 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. All signups are to be done No more than a week in advance*

Body Blast: This class will be taught on Mondays this month. Routines will include styles such as Tabata which uses 20 seconds of maximum effort bodyweight/free weight exercise followed by 10 seconds of rest. All fitness levels are welcomed and modifications will be shown for beginners through advanced fitness levels.

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 Kick: Join the fun with intense and Active punch/ kick routines that will keep you moving!! This class is built to burn calories and use muscles that you do not use during everyday activities !!!!! All fitness levels are welcomed as this is a beginner’s kickboxing aerobic class. Thursday Morning class will include fusion style Ab exercises.

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.

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 are used in these routines 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 using a variety of fitness styles to ignite health and fitness in the older population.

H.I.I.T Yoga: Do you find yourself crunched for time looking for the perfect way to get in a challenging full body workout complemented with ways to increase your flexibility. This is the perfect class that use challenging Yoga poses that encourage core strength, increased, range of motion through fast paced Vinyassa flow routines

Interval 3-2-1: Join in on this fusion style class that incorporates basic step routines along with basic kick box routines designed to power you up by getting your heart pumping! This class will power down by using easy flow techniques on the stability ball or mats to strengthen your core.

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!

P90x Power Step: Friday Mornings, Monday/Thursday nights this month join us for a Power Step (non-choreographed) class that implements P90x formatting and will be sure to help you torch those unwanted calories! This class is designed to provide intensity using free weights and plyometric training for a full body workout!

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.

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 Chair Yoga Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity

Strength and Core: Focuses on major muscle groups including biceps, chest, gluts, abs and quads in a group exercise, body sculpting class. This Class will be offered on Wednesday and Friday mornings this month

Strong By Zumba®: This class implements traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

Yoga: Intermediate Chair Yoga- This is NOT a beginners class. This class includes yoga poses from a chair position that are a bit more challenging for individuals that are seeking to challenge themselves with more paced transitions . 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. **Saturday April 14th** bring your favorite partner for a gentle yoga experience! Mats and blocks are provided. **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.

Yin Yoga: This class that targets your deepest tissues of the body, connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles. Energetically, yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles.

Zumba®: An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It’s exercise in disguise! Mondays 11am this month offers a great opportunity to try several forms of Zumba which include Zumba toning & Sentao.