



September

2019 Fitness Class Schedule September 7th - October 4th

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
Strong by Zumba
Pam
Cycle - Denise
(Collins' Kids Court 1A)

8:00am - 8:55am
Barre - Autumn

Gentle Yoga - Emily
(Rivertown Room)

9:00am - 9:55am
Zumba - Pam

9:05am - 9:55am
Fit Over 50 - Autumn
(Collins' Kids Court 1A)

10:00am - 10:55am
Zumba - Marissa

Strength & Core
Autumn
(Collins' Kids Court 1A)

10:00am - 10:55am
Intro to Tai Chi - John
(Waccamaw Room)

11:05am - 12:00pm
Chair Yoga
Autumn

5:30pm - 6:25pm
Zumba
Marissa

5:30pm - 6:15pm
Cycle - Kate
(Collins' Kids Court 2B) **NEW!**

6:30pm - 7:20pm
R.I.P.P.E.D.
Lawrin

6:30pm-7:15pm
5K Running Group - Kate
(Meet in the lobby) **NEW!**

Tuesday

6:00am - 6:50am
P90x Bootcamp
Katie
(Collins' Kids Court 2)

8:00am-8:55am
Barre - Dee

8:00am - 9:00am
Yoga - Alex
(Waccamaw Room)

9:05am - 10:00am
Strong by Zumba
Pam

Zumba Gold - Dee G.
(Collins' Kids Court 1A)

10:05am-11:00am
Body Sculpt
Heather
Silver Sneakers
Classic - Dee G.
(Collins' Kids Court 1B)

10:05am - 11:00am
Gentle Yoga - Sharlene
(Waccamaw Room)

11:15am - 12:15pm
Line Dancing
Roger

Pickleball
Court 2
9:00am - 12:00pm

5:15pm - 6:10pm
Strong By Zumba
Marissa

6:15pm - 7:15pm
Zumba
Marissa

6:30pm - 7:30pm
Bootcamp - Randy
(Upstairs Track)

Power Yoga
Gloria
(Kingston Room)

Wednesday

6:00am - 6:50am
Bootcamp
Randy
Cycle - Denise
(Collins' Kids Court 1A)

8:00am - 8:45am
Cardio Kick & Abs-
Beverly

8:00am - 9:30am
Power Yoga - Emily
(Rivertown Room)

9:00am - 9:55am
Zumba - Monika

Fit Over 50 - Beverley
(Collins' Kids Court 1A)

10:00am - 10:55am
Zumba - Marissa

Strength & Core
Heather
(Collins' Kids Court 1A)

10:00am - 10:55am
Tai Chi - John
(Waccamaw Room) **NEW!**

11:05am - 12:00pm
Chair Yoga
Sharlene

5:30pm - 6:25pm
Zumba
Dee G.

6:30pm - 7:20pm
Body Sculpt
Lawrin

Thursday

6:00am - 6:50am
P90x Bootcamp
Katie
(Collins' Kids Court 2)

8:00am - 8:55am
Barre - Dee

9:05am - 10:00am
Power Step & Sculpt **NEW!**
Autumn

Zumba Gold - Dee G.
(Collins' Court 1)

10:05am-11:00am
Body Sculpt
Heather
Silver Sneakers
Classic - Dee G.
(Collins' Kids Court 1B)

10:05am - 11:00am
Gentle Yoga - Sharlene
(Waccamaw Room)

11:15am - 12:15pm
Line Dancing
Roger

Pickleball
Court 2
9:00am - 12:00pm

5:30pm - 6:25pm
Strong by Zumba
Pam

6:30pm - 7:30pm
Bootcamp - Randy
(Upstairs Track)

Line Dancing
Roger

Friday

6:00am - 6:50am
Strong By Zumba
Pam
Yin Yoga - Denise
(Waccamaw Room) **NEW!**

8:00am - 8:55am
Pilates Barre - Autumn

Yoga - Sharlene
(Waccamaw Room)

9:00am - 9:55am
Zumba - Pam

Fit Over 50 - Beverley
(Collins' Court 1)

9:05am - 10:00am
PiYo-Autumn
(Waccamaw Room)

10:00am - 10:55am
Strength & Core
Beverley
(Collins' Court 1)

Zumba
Dee G.

11:05am - 12:00pm
Chair Yoga - Brigitte

Saturday

8:00am - 8:50am
R.I.P.P.E.D. - Lawrin

9:00am - 9:55am
Zumba - Dee G.

Pickleball
Court 2
9:00am - 12:00pm

Monika Blackmon
Fitness Coordinator
mblackmon@cityofconway.com
843-488-1950

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

Barre: Join us for this dynamic fusion class that combines the elements of Pilates and barre and poised dance techniques! This 50 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. *This class requires sign-up*

Body Sculpt: A total-body strength training class using a variety of implements, such as dumbbells, weighted bars, and kettlebells, to tone and strengthen all the major muscle groups.

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.

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 welcome!

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 – More suitable for beginners.

Cycle: Improve your endurance and torch calories with this fun indoor cycling class. The class is designed to give you a great interval workout and simulate varied terrain as you challenge yourself riding rolling hills, completing sprints and other drills. Come ride with us!

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.

Gentle Yoga: Focusing on breathing techniques and stretching, this class is appropriate for beginners and experts alike. Through breathing, stretching and guided relaxation, this class will lead you through meditative movements which stimulate the parasympathetic nervous system to promote rest and digestion, flexibility and mental calm.

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!

Power Step & Sculpt: Step aerobics workout with a kick! Torch calories and build lean muscle using the step platform and a body bar. This is a 50-minute class combining cardio, traditional step aerobics and weighted bars for sculpting. It's a great class for beginners and intermediate participants.

Power Yoga: This is an active and athletic practice with dynamic, well-rounded postures and a faster-paced flow. In this class, you will stretch and strengthen, building endurance of body and mind. Perfect for athletes and beginners alike, accessible to all fitness levels!

5K Running Group: This is a 12-week program designed to train for a 5K race. Kate Boucher, a Certified Running Coach, will be leading a group of individuals who are new to running through weekly workouts and providing weekly workout homework to get participants more comfortable with running on a regular basis. Workouts include a warm-up, running for a short period of time, walking, repeat, and a cool-down. The more the weeks progress, the intervals change for that the person is running more and walking less. By the last week, participants should be able to run just over three miles without stopping.

R.I.P.P.E.D.: This workout incorporates functional and athletic based training. The class consists of Resistance, Interval, Power, Plyometrics and Endurance elements to provide a total body workout. All fitness levels welcome, modifications are offered.

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.

Strength and Core: A total body strength workout that focuses on major muscle groups including biceps, chest, glutes, abs and quadriceps using dumbbells. All fitness levels are welcome!

Strong By Zumba®: This is a high intensity interval training workout that implements traditional fitness moves, such as squats, lunges, push ups and planks, for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

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

Yin Yoga - This is a slow, soothing yin yoga practice, where props are used to support the body in complete rest and relaxation in gentle twists and folds. These deeply held, relaxing poses provide the tendons, ligaments and fascia to restore optimal health. You will leave this class feeling refreshed and rejuvenated. All levels are welcome.

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. Work on your 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!