



# Group Fitness Schedule

## April 1st - June 2nd

**8 WEEK BODY BATTLE BOOTCAMP IS BACK! STARTS MAY 7th**

Classes at ARC— UNLIMITED with ARC Plus membership or \$5/class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	<b>CARDIO BLAST</b> Brittany 45 min		<b>CARDIO BLAST</b> Brittany 45 min			2:00p <b>JIU JITSU</b> Michael 45 min
8:30a	<b>RIP + HITT</b> Reve' 55 min	<b>DANCE HIT</b> Katie 45 min	<b>CARDIO BLAST</b> Reve' 55 min	<b>TRANSFORM</b> Reve' 55 min	<b>FRIDAY FUSION</b> Melinda 45 min	<b>9:00a Rotation</b> 4/6 <b>CARIO BLAST</b> Brittany 45 min
9:00a	<b>YOGA</b> Kristen 60 min			<b>GENTLE YOGA</b> Kristen 60 min		4/13 <b>CORE DE FORCE</b> RIKI 60 min
9:30a	<b>ACTIVE SENIORS</b> Jane 60 min	<b>CHAIR YOGA</b> Mary 60 min	<b>SILVER SNEAKERS</b> Mary 60 min <b>YOGA</b> Reve' 60 min		<b>SILVER SNEAKERS</b> Mary 60 min	4/20 <b>TURBO KICK</b> Denise 45 min
5:00p	<b>XFIT</b> Tyler/Steph 60 min	<b>XFIT</b> Tyler/Steph 60 min	<b>XFIT</b> Tyler/Steph 60 min	<b>XFIT</b> Tyler/Steph 60 min		4/27 <b>CARDIO BLAST</b> Melinda 45 min
5:30p	<b>TURBO KICK</b> Denise 45 min Ends 4/29/19 <b>BODY BATTLE</b> Denise 60 min Starts 5/6/19	<b>CARDIO BLAST</b> Brittany 45 min Ends 5/2/19 <b>BODY BATTLE</b> Maddie 60 min Starts 5/7/19	<b>JIU JITSU</b> Michael 45 min	<b>CARDIO BLAST</b> Brittany 45 min Ends 5/2/19 <b>BODY BATTLE</b> Brittany 60 min Starts 5/9/19		5/4 <b>CORE DE FORCE</b> Riki 60min
6:00p	<b>BEGINNER XFIT</b> Tyler / Steph 60 min	<b>BEGINNER XFIT</b> Tyler / Steph 60 min	<b>XFIT</b> Tyler / Steph 60 min	<b>XFIT</b> Tyler 60 min		5/11 <b>CARDIO BLAST</b> Brittany 45 min
						5/18 <b>CARDIO BLAST</b> Melinda 45 min
						5/25 <b>NO CLASS</b> Memorial Day Weekend
						6/1 <b>CARDIO BLAST</b> Brittany 45 min
						Restorative Yoga Sunday April, 28th *see back for sign up info.

Class at QUALITY INN pool—UNLIMITED with Plus membership. Ends May 25th for summer.

8:30a	<b>WAVES</b> Meredith 60 min		<b>WAVES</b> Meredith 60 min		<b>WAVES</b> Meredith 60 min	
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● Strength / Cardio

● Mind Body

● Senior Fitness

● Water Aerobics

● Dance Fitness

# Class Descriptions

**Active Seniors:** This is a low impact class designed to target strength, cardio endurance, range of motion, and flexibility. Class is taught in an energizing atmosphere with fun music geared toward the older adult who are new to fitness or transitioning into lower impact workouts.

**Beginner XFit:** Have you been wanting to try out the XFIT class but unsure if you can complete the workouts? All of the XFIT workouts can be modified to fit your needs. Our amazing coaches will teach the movements, help you move properly and remain injury free. We will walk you through everything. You decide the intensity and we will bring out the best in you!

**Cardio Blast:** You won't regret starting your day off with this workout. Everything goes in this class and with an energized atmosphere you're guaranteed to wake up!

**Cardio Dance:** Guest instructor Riki Cornish-Hunter from Hemingford's Body Shop instructs an intense cardio dance class with choreographed exercise that includes body weight moves and cardio dance.

**Chair Yoga:** Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Dance HIT:** Not only do you get to burn calories to all the hit songs but we up the sizzle with short intervals of High Intensity Training for all levels to maximize your booty shaking calorie burn.

**Friday Fusion:** This 45 min class is sure to keep you on your toes with various modes of exercise formats. Circuit, Bootcamp, Core, Step, Cycling, Strength, Tabata—anything goes to mix up your Friday workout and send you into the weekend feeling strong!

**Gentle Yoga:** This class will increase flexibility, balance, and lengthen muscles, while going at a slower pace for those with limited mobility and/or wanting an gentle yoga experience in a welcoming environment.

**Jiu Jitsu:** This class focuses on grappling, teaching skills that can be used to successfully defend oneself against bigger, stronger opponents. Ages 14+

**Rip + HITT:** In RIP strength exercises are matched to energizing music to create a simple, fun, and powerful way to strength train all the major muscle groups. Then we step up the calorie BURN with 1 minute intervals of HITT between strength tracks. What are you waiting for, GET RIPPED!

**Silver Sneakers:** Cardio and circuit set to music you will love! Variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Easily follow at your own pace, all levels welcome.

**Transform:** Transform takes you through low-impact stretching, strengthening, and bodyweight resistance-based exercises that promote lean muscle development. Choreographed to music, the pace increases the intensity so you're not just sculpting and defining every muscle—you burning major calories and having fun!

**Turbo Kick:** Turbo Kick is a combination of kickboxing an athletic moves perfectly in tune to high energy music! It is the ultimate challenge that is a unique blend of intervals, strength and endurance training that will end with a relaxing cooldown. No experience needed

**Waves:** Make a splash with our water aerobics workout! Water can provide up to 12 times more resistance than air making it beneficial for strength and mobility training as well as improved cardiovascular conditioning while providing a low impact workout.—Class will return in fall\*

**XFit:** Our trained instructors will take you through a program that builds strength and conditioning through varied and challenging workouts. Each day the workout will test a different part of your functional strength or conditioning, with the goal of building a body that's capable of practically anything and everything!

**Yoga:** Yoga class includes series of Asana (postures) designed to increase flexibility, balance and strengthen mind and body. Class will consist of both standing and floor poses and participants should be comfortable moving from floor to standing. Yoga is shown to decrease stress, pain and increase body awareness in a supportive atmosphere.

## Special Events

**Restorative Yoga:** Restore your body, mind and soul with calming essential oils and a restorative yoga practice using the support of bolsters, blocks, and blankets. Class will come full circle with a Yoga Nidra practice for total relaxation. Limit of 8 spots are available. \$5 members / \$10 non-members. Class meets Sunday April 28th from 6-7:30 pm. Registration required.

**Body Battle:** Get ready to Battle for the strongest version of you! This special 8 week class will challenge you to push past your hurdles and move towards a better, stronger you, just in time for summer! Body Battle will take place outdoors so be ready to mix it up and enjoy spring weather! Ropes, tires, lebert equalizers are just a few of the tools we will use to battle through these workouts. Although this is a class you can drop into at any time but we will be testing your fitness level the first and last week as our focus for this 8 weeks is to battle for a healthier, stronger you! Body Battle is included for plus members / \$5 per class for non-members.