



# Group Fitness Schedule

## JULY 8th - AUGUST 18th

*New Class! - Core De Force Monday's 5:30pm*

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	<b>RIP + HITT</b> Revé 55 min	<b>DANCE HIT</b> Katie 45 min	<b>CARDIO BLAST</b> Revé 55 min	<b>TRANSFORM</b> Reve' 55 min	<b>FRIDAY FUSION</b> Melinda 45 min	
9:00a	<b>YOGA</b> Kristen 60 min			<b>GENTLE YOGA</b> Kristen 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>SILVER SNEAKERS</b> Mary 60 min	
2:00p						<b>JIU JITSU</b> Michael 45 min
5:00p	<b>XFIT</b> Steph 60 min	<b>XFIT</b> Steph 60 min	<b>XFIT</b> Steph 60 min	<b>XFIT</b> Steph 60 min		
5:30p	<b>Core De Force</b> Denise 60 min	<b>CARDIO BLAST</b> Brittany 45 min	<b>JIU JITSU</b> Michael 45 min	<b>CARDIO BLAST</b> Brittany 45 min		
6:00p	<b>BEGINNER XFIT</b> Steph 60 min	<b>BEGINNER XFIT</b> Steph 60 min	<b>XFIT</b> Steph 60 min	<b>XFIT</b> Steph 60 min		
6:30p	<b>JIU JITSU</b> Michael 45 min					

**WAVES and SATURDAY 9am will return in the fall.**

● 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 X Fit:** 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!

**Core De Force :** Experience the no equipment, fat-blasting, total-body shred of Core De Force. In 3-minute "rounds," you'll alternate between Boxing, Kickboxing, and Muay Thai combinations, cardio spikes, and bodyweight training for an insane calorie burn. And that's just the beginning. Because each move, whether it's a jab or an uppercut, is rotational—meaning you get a 360-degree core workout. All you have to do is hit it hard for 3 minutes at a time. Before you know it—you have knocked out your workout!

**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\*

**X Fit:** 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