



Group Fitness Schedule

November 4th- January 19th



● Strength / Cardio ● Mind Body ● Senior Fitness ● Water Aerobics ● Dance Fitness

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	XFIT Shae 60 min	XFIT Shae 60 min	XFIT Shae 60 min	XFIT Shae 60 min		9:00a Rotation
8:30a	POWER PUMP Melinda 60 min	DANCE HIT Katie 45 Min	T.B.C Reve' 45 min	TRANSFORM Reve' 50 min	POWER PUMP Melinda 60 min	11/23 CARDIO DANCE Riki 60 min
9:00a	YOGA Kristen 60 min			GENTLE YOGA Kristen 60 min		12/7 POWER PUMP Melinda 60min
9:30a	ACTIVE SENIORS Jane 60 min	CHAIR YOGA Mary 60 Min	SILVER SNEAKERS Mary 60 min	DANCE TO FIT Katie 45 min	SILVER SNEAKERS Mary 60 min	JIU JITSU 2 pm Michael 45 min
5:30p	T.B.C Shaylee 45 min	POWER PUMP Denise 60 min	CORE DE FORCE Denise 60 min	POWER PUMP Brittany 60 min		
5:30p	XFIT Lori 60 min	XFIT Lori 60 min	XFIT Lori 60 min	XFIT Lori 60 min		
5:30p	JIU JITSU		JIU JITSU		RESTORATIVE YOGA 11/22 & 12/20 Kristen 6-7:30pm Registration Required	
6:30p	6:30p Michael 45 min		5:30p Michael 45 min			

Class at QUALITY INN pool—UNLIMITED with Plus membership.

8:30a Starts 9/9	WAVES Meredith 60 min		WAVES Meredith 60 min		WAVES Meredith 60 min	
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Thanksgiving Schedule

Wed Nov 27th—No pm Core de Force

Thur Nov 28th - No Classes

Fri Nov 29th—Waves Only, No other classes

Christmas Schedule

Mon Dec 23rd- No Active Senior

Tues Dec 24th—Thurs. Dec 26th—No classes

Fri Dec 27th - No Power Pump

New Years Schedule

Tue Dec 31st—No evening classes

Wed Jan 1st—No Classes

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.

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.

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, Muay Thai, Cardio Spikes, and Body Weight training for an insane calorie burn. And that's just the beginning, because each move 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!

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.

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 a 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+

Power Pump: Experience our NEW group barbell class! Using the barbells we will work each muscle group to amazing music for a full body strength building workout. If adding in resistance training is your goal but the weight room is intimidating then this class is for YOU! You will get a full body resistance workout using barbells as instructors teach you proper form. In Power PUMP we power up the cardio BURN with one minute intervals of HITT between strength tracks. What are you waiting for, GET PUMPED!

Dance To Fit: Workout at your pace to the music you love. This class is fun, low impact and will keep you moving with no dance experience needed. Geared towards the senior population the time will fly by as you are sweating to the oldies.

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.

T.B.C Total Body Conditioning class has it all! Cardio and weights in simple to follow but certainly not boring bootcamp based workout that will keep you guessing and challenged each week.

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!

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 start September 9th

XFit: Our instructors will take you through a program that builds strength and increases conditioning through varied workouts. You will learn proper form on deadlift, squat, clean and more! Each day the WOD (workout of the day) 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,. Must pre-register. \$5 members / \$10 non-members. Class meets Friday Nov 22nd & Dec 20th from 6-7:30p

Hold it for the Holiday's:: Make this the year you say NO to holiday weight gain! It can take up to 5 months to lose the weight gained over the holiday's. This program will focus on maintaining your weight to start the new year off right! Weekly weigh-ins available to keep you accountable. T-shirt prizes for all those who "hold it", lose it, or gain less than +2 lbs. Those who complete the challenge will also be entered in a drawing for \$40 in chamber bucks, a free month membership, or \$20 ARC credit, Earn more entries into the drawing by completing the bonus tasks. Take action and make this your healthiest holiday season. Members \$15