



Group Fitness Schedule

January 20th - March 29th



Bring a friend to class free! January 20th - February 2nd

● XFIT Room ● Upstairs Fitness ● Yoga Room ● Gymnasium ● Quality Inn Pool ● Martial Arts Room

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	POWER PUMP Melinda Cullan 60 min	DANCE HIT Katie Arends 45 Min	T.B.C Melinda Cullan 45 min	T.B.C Reve' Fries 45 min	POWER PUMP Melinda Cullan 60 min	
9:00a	YOGA Kristen Miller 60 min			GENTLE YOGA Kristen Miller 60 min	RESTORATIVE YOGA 1/31, 2/28, 3/20 Kristen 6-7:30pm Registration Required	CARDIO DANCE 1/25, 2/8, 3/7 Riki Hunter 60 min
9:30a	ACTIVE SENIORS Jane Giles 60 min	CHAIR YOGA Mary Kees 60 Min	SILVER SNEAKERS Mary Kees 60 min	DANCE TO FIT Katie Arends 45 min	SILVER SNEAKERS Mary Kees 60 min	
5:00p	XFIT Brandon Mundt 60 min	XFIT Mandy Greve 60 min	XFIT Brandon Mundt 60 min	XFIT Mandy Greve 60 min	Beginner XFIT week! Jan 20th—Feb 2nd	<p>POWER PUMP GROUP</p> <p>NEW</p> <p>POWER PUMP Release Launch January 20th!</p>
5:30p	T.B.C Brittany Dunkel 45 min	POWER PUMP Brittany Dunkel 60 min	T.B.C Angie Flesner 60 min	POWER PUMP Melinda Cullan 60 min		
6:30p	JIU JITSU Michael Garcia 45 min		JIU JITSU Michael Garcia 45 min			

Class at QUALITY INN pool—UNLIMITED with Plus membership.

8:30a	WAVES Meredith Erickson 60 min		WAVES Meredith Erickson 60 min		WAVES Meredith Erickson 60 min	
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PENALTY BOX®

FITNESS PARTY! Wed Feb 19th 8:30a & 5:30p
Try the NEW equipment in one awesome class. Bender Balls, Gliding Discs, X Bands, Rope-less Jump Ropes and PENALTY BOX!



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.

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 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+

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.

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

X Fit: 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! Beginners are welcome anytime but check out the beginner week for extra attention to those just joining in!

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.

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 January 31st, February 28th, and March 20th.