



GROUP FITNESS SCHEDULE

November 1st - January 16th

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Classes at ARC- Unlimited with Plus Membership or \$5 per class. Try your first class free!

8:30a	YOGA Kristen Miller 60 min			GENTLE YOGA Kristen Miller 60 min		Nov 27th-9:00a CARDIO DANCE Riki Hunter 60 min Dec 18th-9:00a CARDIO DANCE Riki Hunter 60 min
8:30a	POWER PUMP Melissa Richie 60 min	CardioDance/Pound Jacque 45 min	T.B.C. Liz Schroth 45 min	POUND Melissa Richie 60 min	TBC Melinda/ Reve' 45min	
9:30a	ACTIVE SENIORS Jane Giles 60 min	CHAIR YOGA Mary Kees 60 min	SILVER SNEAKERS Mary Kees 60 min		SILVER SNEAKERS Mary Kees 60 min	
10:40a	FOREVER YOUNG Sara/Geoff 60 min			FOREVER YOUNG Sara/Geoff 60 min		
5:00p	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min	XFIT Mandy Greve 60 min		
5:30p	T.B.C. Angie Flesner 60 min	HIIT SQUAD Brittany Dunkel 60 min	T.B.C. Angie Flesner 60 min			
6:30p	JIU JITSU Michael Garcia 45 min		JIU JITSU Michael Garcia 45 min		JIU JITSU Michael Garcia 45 min	

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Aqua classes at Quality Inn Pool – Unlimited with Plus Membership.

9:00a	WAVES Meredith Erickson 45 min		WAVES Meredith Erickson 45 min		WAVES Meredith Erickson 45 min	
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HOLD IT FOR THE HOLIDAYS! MAINTAIN, DON'T GAIN!



Say "NO" to holiday weight gain!
This program will focus on maintaining your weight through the holidays.
See flyer for more details.

Weigh-in & Sign Up Nov 22nd-Jan 9th

CARDIO CLASSES

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.

Jiu Jitsu: This class focuses on grappling, teaching skills that can be used to successfully defend oneself against bigger, stronger opponents. You get a calorie torching workout while learning self defense skills!

HIIT Squad: Come join the squad! This cardio workout will use timed intervals to allow you to push yourself as well as rest intervals to recover. HIIT (High Intensity Interval Training) has many proven benefits including increased calorie burn and improved cardiovascular health. Class will focus on HIIT Cardio but use intervals of resistance training and core exercises to make it a full body workout.

Pound: Channel your inner Rockstar with this full body cardio-jam session to infectious and energizing music! Pound combines cardio, strength training and Pilates using lightly weighted drumsticks called "ripsticks" for a full body workout!

CROSS /STRENGTH TRAINING CLASSES

Power Pump: 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!

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 with new workouts and challenges each week.

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!

LOW IMPACT CLASSES

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.

Forever Young: Here's a fun, effective full body exercise program that's especially designed for adults over 50 & those seeking low impact workouts. Includes cardio, strength, flexibility, exercises to improve your balance, and stretching. It's time to get active, feel great and live your best life now!

Silver Sneakers: Designed specifically for older adults Silver Sneakers has you performing cardio and circuits 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.

MIND, BODY CLASSES

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.

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.

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.

AQUA CLASSES

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 is held at the Quality Inn Pool. Must be an ARC plus member to attend. No drop in passes off site. ChildWatch is available at the ARC during class.