



# GROUP FITNESS

## APRIL 1ST - JUNE 2ND

### MONDAY

- 5:00a **XFIT**  
Derrie Adams 60 min
- 8:30a **YOGA**  
Kristen Miller 60 min
- 8:30a **POWER PUMP**  
Melissa Richie 60 min
- 9:30a **ACTIVE SENIORS**  
Jane Giles 60 min
- 9:30a **WAVES** Ends 5/20  
Meredith Erickson 45 min
- 10:40a **Forever Young**  
Jane Giles 60 min
- 5:00p **XFIT**  
Michelle Wurdeman 60 min
- 5:30p **T.B.C**  
Shelbi Pitt 45 min
- 6:00p **JIU JITSU**  
Michael Garcia 60 min

### TUESDAY

- 8:30a **POUND**  
Melissa Richie 60 min
- 9:30a **CHAIR YOGA**  
Mary Kees 60 min
- 5:00p **XFIT**  
Carley Mundt 60min
- 5:30p **CYCLE CAMP**  
Angie Flesner 60 min

### WEDNESDAY

- 5:00a **XFIT**  
Derrie Adams 60 min
- 8:30a **T.B.C**  
Liz Schroth 60 min
- 9:30a **SILVER SNEAKERS**  
Mary Kees 60 min
- 9:30a **WAVES** Ends 5/22  
Meredith Erickson 45 min
- 5:00p **XFIT**  
Michelle Wurdeman 60 min
- 5:15p **OUTDOOR FITNESS** New!  
Angie Flesner 60min
- 6:00p **JIU JITSU**  
Michael Garcia 60 min

### THURSDAY

- 8:30a **GENTLE YOGA**  
Kristen Miller 60 min
- 8:30a **CYCLE + YOGA**  
Reve' Fries 60 min
- 10:40a **Forever Young**  
Jane Giles 60 min
- 5:00p **XFIT**  
Carley Mundt 60 min

### FRIDAY

- 5:00a **XFIT**  
Derrie Adams 60 min
- 8:30a **T.B.C + PILATES**  
Reve' Fries 60 min
- 9:30a **SILVER SNEAKERS**  
Mary Kees 60 min
- 9:30a **WAVES** Ends 5/24  
Meredith Erickson 45 min
- 6:00p **JIU JITSU**  
Michael Garcia 60 min

### SATURDAY

- April 20th
- 9:00a **CARDIO DANCE**  
Riki Hunter 60 min
- May 25th
- 9:00a **CARDIO DANCE**  
Riki Hunter 60 min

### Try your first class free!

Join us on Facebook @ARC Health & Fitness

text @arcfitness to 81010 to join our remind group to receive class updates

**XFIT Room / Gymnasium / Fitness Room / Jiu Jitsu & Yoga Room/ Quality Inn Pool**

# CLASS DESCRIPTIONS

## CARDIO CLASSES

**Cardio Dance:** Burn some calories while moving to the music. A cardio workout with great music, upbeat instructors that is 100% 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, 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!

**Cycle+ Abs:** Lets ride! This indoor cycling class will have you peddling to the music as you climb hills, sprint the flats and recover all while working on your cardiovascular fitness. Cycling is a great low impact, high sweat workout! We will end class with 10 min abs to keep that core strong!

**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!

**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

**Cycle Camp:** Intervals of cardio on the bike and strength off the bike will make this full body workout fly by!

**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 member to attend. No drop in passes off site. ChildWatch is available at the ARC during class.