



GROUP FITNESS

NOVEMBER 4TH - JANUARY 19

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
- 10:40a **FOREVER YOUNG**
Jane Giles 60 min
- 5:00p **XFIT**
Michelle Wurdeman 60 min
- 5:30p **T.B.C**
Shelbi Pitt 45 min **NEW CLASS**
- 6:00p **BJJ-Fundamentals**
Michael Garcia 60 min
- 6:30p **POWER CYCLE**
David Leavitt 30 min

TUESDAY

NEW TIME

- 5:15a **POWER PUMP**
David Leavitt 60 min
- 8:30a **POUND**
Melissa Richie 60 min
- 8:30a **WAVES**
Katie Arends 45 min
- 9:30a **CHAIR YOGA**
Mary Kees 60 min
- 5:00p **XFIT**
Carley Mundt 60min
- 5:30p **CORE & MORE**
Angie Flesner 45 min
- 6:00p **JIU JITSU** **NEW TIME**
Michael Garcia 60 min

WEDNESDAY

- 5:00a **XFIT**
Derrie Adams 60 min
- 8:30a **T.B.C**
Reve' Fries 45 min
- 9:15a **PILATES**
Reve' Fries 30 min
- 9:30a **SILVER SNEAKERS**
Mary Kees 60 min
- 5:00p **XFIT**
Michelle Wurdeman 60 min
- 6:00p **POWER PUMP**
David Leavitt 60 min

THURSDAY

- 5:45a **POWER CYCLE**
David Leavitt 30 min
- 8:30a **WAVES**
Katie Arends 45 min
- 8:30a **GENTLE YOGA**
Kristen Miller 60 min
- 8:30a **CYCLE**
Reve' Fries 45 min
- 9:15a **YOGA**
Reve' Fries 30 min
- 10:40a **FOREVER YOUNG**
Jane Giles 60 min
- 5:00p **XFIT**
Carley Mundt 60 min
- 6:00p **JIU JITSU** **NEW TIME**
Michael Garcia 60 min

FRIDAY

- 5:00a **XFIT**
Derrie Adams 60 min
- 8:30a **T.B.C**
Liz Schroth 60 min
- 9:30a **SILVER SNEAKERS**
Mary Kees 60 min
- 6:00p **JIU JITSU - OPEN MAT**
Michael Garcia 60 min

Why Join a Fitness Class?
 Instructors design the workout, so you can just show up and have FUN!
 Group Fitness combines Music, Motivation, Instruction, Variety and Friendships along with a great workout! Drop in anytime.

SATURDAY

- November 23rd
- 9:00a **CARDIO DANCE**
Riki Hunter 60 min
- December 28th
- 9:00a **CARDIO DANCE**
Riki Hunter 60 min

Join our groups to stay up to date on class changes during the Holidays!

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!

Cycle: 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!

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!

Power Cycle: The class follows bursts of effort and recovery to keep reaching your max potential. Intervals of sprinting, power training and strength are used as the powerful music plays and your instructor motivates you in a power packed 30-minute 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.

Pilates: Pilates focus on getting strong in your core! Alignment, breathing, core stability, controlled movement and flexibility are a focus using small props and your body weight. You are only as strong and balanced as your core!

Core & More: Core and SO MUCH MORE! We will focus on not only the ABS, but also those GLUTES! Build your core strength and tone your abs, glutes, and legs in this class that will end with a relaxing stretch and flexibility.

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.