



# GROUP FITNESS

APRIL 6<sup>TH</sup> - JUNE 7<sup>TH</sup>

## MONDAY

- 5:00a **ALPHA**  
Cannons 60 min
- 5:30a **POWER CYCLE**  
David Leavitt 30 min
- 8:30a **YOGA**  
Kristen Miller 60 min
- 8:15a **POWER PUMP**  
Anelda/Revé 60 min
- 9:30a **ACTIVE SENIORS**  
Jane Giles 60 min
- 10:40a **FOREVER YOUNG**  
Sara/Geoff 60 min
- 5:00p **ALPHA**  
Michelle/Haylea 60 min
- 5:15p **CYCLE**  
Emily/Revé 45min
- 6:30p **BJJ-FUNDAMENTALS**  
Michael Garcia 60 min

## TUESDAY

- 5:30a **POWER PUMP**  
David Leavitt 60 min
- 8:15a **REBOUND/CYCLE**  
Revé Fries 45 min
- 9:00a **YOGA 30**  
Revé Fries 30 min
- 9:30a **CHAIR YOGA**  
Mary Kees 60 min
- 5:00p **ALPHA**  
Michelle/Haylea 60min
- 5:30p **CORE & MORE**  
Angie Flesner 45 min
- 6:30p **JIU JITSU**  
Michael Garcia 60 min



Rebound: 1<sup>st</sup> & 3<sup>rd</sup> weeks  
Cycle: 2<sup>nd</sup> & 4<sup>th</sup> weeks

## WEDNESDAY

- 5:00a **ALPHA**  
Cannons 60 min
- 5:30a **POWER CYCLE**  
David Leavitt 30 min
- 8:15a **LIFT**  
Revé Fries 45 min
- 9:00a **PILATES**  
Revé Fries 30 min
- 9:30a **SILVER SNEAKERS**  
Mary Kees 60 min
- 5:00p **ALPHA**  
Michelle/Haylea 60 min

## THURSDAY

- 5:30a **POWER PUMP**  
David Leavitt 60 min
- 8:30a **GENTLE YOGA**  
Kristen Miller 60 min
- 8:15a **CYCLE**  
Emily Stein 45 min
- 10:40a **FOREVER YOUNG**  
Sara/Geoff 60 min
- 5:00p **ALPHA**  
Michelle/Haylea 60 min
- 6:30p **JIU JITSU**  
Michael Garcia 60 min

No class  
April 23

## FRIDAY

- 5:00a **ALPHA**  
Cannons 60 min
- 5:30a **POWER CYCLE**  
David Leavitt 30 min
- 8:15a **REBOUND**  
Revé Fries 45 min
- 9:00a **LIFT**  
Revé Fries 45 min
- 9:30a **SILVER SNEAKERS**  
Mary Kees 60 min
- 6:30p **JIU JITSU - OPEN MAT**  
No instructor - space reserved for drop in

**ALL FITNESS CLASSES ARE INCLUDED WITH YOUR ARC MEMBERSHIP!**

No Classes Monday, May 25<sup>th</sup> - ARC Closed for Memorial Day

Stay up to date on class changes!  
Join us on Facebook @ARC Health & Fitness

Text @arcfitness to 81010 and download the remind app to join our remind group and receive class updates

**Functional Fitness 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!

**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!

**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!

## 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!

**Lift:** Focuses on building muscle—the foundation for lifelong wellness. This class is designed to improve body composition and functional strength using dumbbells, resistance bands, and other resistance tools. Suitable for all fitness levels, LIFT provides instructor guidance on proper form, modifications, and progressive overload to help participants build strength safely and effectively.

**Alpha:** A comprehensive strength and conditioning program that teaches foundational barbell movements while incorporating metabolic conditioning. Through progressive loading and integrated cardio elements, participants experience a complete training stimulus using a variety of equipment. This total-body, functional fitness class is suitable for all levels, with instructor guidance on proper form, movement modifications, and progressive overload to support continuous improvement.

## 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.

**Rebound:** Jump into a fun, energizing workout on mini trampolines that gets your heart pumping to the beat! This low-impact class is easy on your joints but big on benefits—boost your cardio, tone your core and legs, and give your lymphatic system the kick it needs to detox and refresh. Perfect for all fitness levels, Rebound is where sweat meets smiles.

## 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.

**Yoga/Gentle Yoga:** This class will include Asana (postures) to increase flexibility, balance, decrease stress and lengthen muscles. Gentle yoga will go at a slower pace for those with limited mobility and/or wanting a gentle yoga experience.

**Yoga 30:** This 30 min Yoga class is a great stand alone or perfect after your cycling workout. Class will consist of both standing and floor poses focused on flexibility. End class with a relaxing savasana with aromatherapy. (optional)

## AQUA CLASSES

**Water Aerobics:** 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.