

GROUP FITNESS CLASS SCHEDULE

SUMMER 2022
(JULY, AUGUST, SEPTEMBER)

Monday

6am- Intermediate/Advanced Spin with Lisa S
8am- Warm Yoga with Barb and Harold / Erin
10am- SFB with Bob Jones
11am- Wavemakers with Mandy
12pm- Yoga with Erin
4:30pm - Pound with Elyse Ford
5:30pm- Wavemakers with Mandy
6:30pm- Beginner/Intermediate Spin with Tim Ward

Tuesday

8:15am- ZUMBA with Becky
9am- Powerzone with Becky / Cathy
5:15pm- Aqua Zumba with Nancy
5:15pm- Yoga with Erin

Wednesday

6am- Intermediate/Advanced Spin with Tim Ward
6am- HIIT with Nancy
8am- Yoga with Barb and Harold / Erin
8:15am- Aqua Zumba with Nancy
10am- SFB 4 Life with Lisa
11am- Wavemakers with Mandy
12pm- Yoga with Erin
5:30pm- Aqua HIIT with Mandy
6pm- Beginner/Intermediate Spin with Lisa D

Thursday

6am- Beginner/Intermediate Spin with Lisa S.
6am - Pilates with Lacey
8:15am- ZUMBA with Becky
9am- Powerzone with Becky / Cathy
10am - Chair Yoga with Barb
4:30pm- Pound with Elyse Ford

Friday

8am - Warm Yoga with Barb and Harold / Erin
11am- Wavemakers with Mandy

Saturday

8am- Spin w rotating Instructor :

July 9th - Lisa Downs

July 23rd - Lisa Downs

9am- Alternating Community Room Class:

July 9th - Zumba with Becky Jones STARTS AT 8:30!

Open Swim:

6:30pm-8:30pm Monday-Friday

4pm-8:30pm Saturday & Sunday

Group Class Descriptions

Aqua HIIT: High Intensity Interval Training (HIIT) involves repetitive bouts of exercise coupled by varied recovery times based upon the intensity of work performed and energy pathways utilized during exercise. The added resistance of the water will also help improve muscle tone. **Instructor: Mandy Stoll**

Aqua Zumba: This class offers all of the same style of workouts as regular Zumba, but with the added resistance from the pool. This will kick up the resistive aspects of the program and creates a nice change of pace from typical Zumba. **Instructor: Nancy Cox**

Barre/ Pilates: Blending the latest exercise science with the principles of the Lotte Berk method (the genesis of the barre movement) delivers a fusion of ballet, Pilates, yoga and strength training to the workouts. **Instructor: Lacey Crumrine**

Chair Yoga: Yoga is a practice of combining breath and movement. Many of the classic yoga poses are modified and practiced with the student aided by the support of a chair. The class helps to improve mental focus, muscle strength, balance and stamina for all muscles of the body. No previous yoga experience is necessary. There is no judgement or competition in yoga practice. We encourage participants to listen to their bodies as they move through their practice. **Instructor: Barb Sargent**

HIIT: High Intensity Interval Training (HIIT) involves repetitive bouts of exercise coupled by varied recovery times based upon the intensity of work performed and energy pathways utilized during exercise. **Instructor: Nancy Cox**

Hydrofit 4 All: This broad based aquatic program will use elements of cardio, strength, flexibility and balance for a complete water workout. **Instructor: Bob Jones**

Powerzone: This class incorporates strength, flexibility, and balance training to improve physical fitness and functional movement capabilities. Participants use hand weights, mat work, resistance tubes, and Bender Fitness Balls. **Instructor: Becky Jones**

SFB 4Life: This program is designed for adults of all ages and physical levels. This class incorporates strength, flexibility, and balance training to improve participant's physical fitness and functional movement capabilities. Participants use hand weights, resistance tubes, along with Bender Fitness Balls. **Instructor: Lisa Downs & Bob Jones**

Spin Classes: Tired of the same old cardio routines? Try out spin classes with our very own Schwinn Certified Cycling instructors, offering authentic cycling workouts in the comfort of your very own RFCC spin room!!! **Instructors: Lisa Shelton, Terri Quillen, Lisa Downs, Travis Schroll, Tim Ward**

Tai Chi: Tai Chi focuses on slow, continuous movement and mindfulness that can aid in improving balance and alignment. Tai Chi also supports numerous other health benefits. No skill level is required, just a willing attitude! **Instructor: Heidi Hill**

Wavemakers Water Workout: Wavemakers Water Workout is an ideal combination of fun, comfortable, & effective training for all ages and fitness levels! Water workouts reduce stress on joints, bones, and musculature allowing participants to achieve speedy, & effective toning through water resistance. **Instructor: Mandy Stoll, Bob & Becky Jones**

Warm Yoga: Warm yoga takes place on the pool deck to take advantage of the warm room. **Instructors: Barb And Harold Sargent**

Yoga: Yoga is a gentle way to improve your posture, balance and coordination. In yoga classes, postures are practiced to align, strengthen, and promote flexibility in the body while using breathing techniques to create ease in movements. **Instructors: Barb And Harold Sargent, Erin Eveland**

Zumba: Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Instructors: Nancy Cox, Becky Jones**