

# GROUP FITNESS CLASS SCHEDULE

Winter 2025

January, February, March

## Monday

**6am Intermediate/Advanced Spin w  
Lisa S**

9:15 Zumba GOLD with Becky

12pm Yoga with Erin

5:30pm Bootcamp with Angie

**6:30pm Beginner/Intermediate Spin  
with Tim Ward**

## Tuesday

**8am ZUMBA with Becky**

**5:30pm Pilates with Jacey**

**6:30pm Aquacise with  
Rachel**

## Wednesday

**6am Intermediate/Advanced Spin with  
Tim Ward**

9am Take a walk with Becky

10am Functional Fitness w/ Lisa Downs

11am Water Wellness 101 with Becky

12pm Yoga with Erin

5:30pm Bootcamp with Angie

**6:30pm Beginner/Intermediate Spin  
with Lisa D**

## Thursday

**5:30am Spin/Spinlates with Lisa S**

**8am ZUMBA with Becky**

**9am Pilates with Elaine**

**5:30pm Pilates with Jacey**

## Friday

**6am Spin with Michelle E**

## Saturday

**8am Spin with Rotating  
Instructors**

**8:30 Pilates with Jacey**

**9:30 Hype Up Dance with Rachel  
& Jacey**

**Open Swim 3-8:30PM**

## Sunday

**1pm Aquacise with Rachel**

**Open Swim: 3pm-8:30pm**

## Group Class Descriptions

**Bootcamp:** Bootcamp is a combination of high and low intensity exercises designed for maximum calorie burn using both cardio and strength training. Each class will be different and most exercises can be modified, if needed. Bring a towel, bring some water, and bring a positive attitude while we work up a good sweat! Instructor: Angie Veith

**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 judgment or competition in yoga practice. We encourage participants to listen to their bodies as they move through their practice. Instructor: Barb & Harold Sargent

**Functional Fitness:** Strength and mobility training designed to enable participants to better perform activities of daily living. Instructor: Lisa Downs, Cathy Onion

**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

**Pilates/Core:** 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: Jacey Rauch, Elaine Boyd

**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, Cathy Onion

**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, Lisa Downs, Michelle Escapa, Paul Vincent, Tim Ward

**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

**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 GOLD:** Zumba Gold is designed to introduce easy to follow Zumba choreography to beginners and active aging students in a lower intensity format. Benefits of Zumba Gold include cardiovascular and muscular conditioning as well as flexibility and balance training.

**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: Becky Jones