

GROUP FITNESS CLASSES SCHEDULE

N O V E M B E R 2 0 2 1

Monday

6 am- Intermediate/Advanced Spin with Lisa Shelton
8 am- Yoga with Barb and Harold
10 am- SFB 4 Life with Bob Jones
11 am- Wavemakers with Mandy Stoll
12 pm- Yoga with Erin Eveland
4:30 pm- Hydro Fit 4 All with Bob Jones
5:15 pm - Powerzone with Becky Jones
5:15 pm- Beginner/Intermediate Spin with Terri Quillen
5:30 pm- Wavemakers with Mandy Stoll

Tuesday

6 am- Pilates/Barre with Lacey Crumrine
6 am- Intermediate/Advanced Spin with Tim Ward
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone with Becky Jones
10 am- Tai Chi with Heidi Hill
5:15 pm- Aqua Zumba with Nancy Cox
5:15 pm- Yoga with Erin Eveland
5:30 pm- Beginner/Intermediate Spin with Lisa Downs
6:15 pm- HIIT with Nancy Cox

Wednesday

6 am- HIIT with Nancy Cox
6 am- Intermediate/Advanced Spin with Tim Ward
8 am- Yoga with Barb and Harold
10 am- SFB 4 Life with Lisa Downs
11 am- Wavemakers with Bob and Becky Jones
12 pm- Yoga with Erin Eveland
5:30 pm- Aqua HIIT with Mandy Stoll
5:30 pm- Beginner/Intermediate Spin with Lisa Downs

Thursday

6 am- Pilates/Barre with Lacey Crumrine
6 am- Spin with Lisa Shelton
8:15 am- ZUMBA with Becky Jones
9 am- Powerzone with Becky Jones
10 am- Chair Yoga with Barb or Tai-Stretch with Heidi
5:15 pm - Aqua Zumba with Nancy Cox
5:15 pm- Beginner/Intermediate Spin with Terri Quillen
6:15 pm- HIIT with Nancy Cox
7 pm- Pilates/Barre with Lacey Crumrine

Friday

6 am- Spin with Ramon Escapa
11 am- Wavemakers with Mandy Stoll

Saturday

7am- Spin with Travis
4pm-8:30pm Open Swim

Sunday

4pm-8:30pm Open Swim



RFCC 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, Ramon Escapa, 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**

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**