

# GROUP FITNESS CLASS SCHEDULE

W I N T E R 2 0 2 3

( J A N U A R Y , F E B R U A R Y , M A R C H )

## 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**  
**5:30pm- Wavemakers with Mandy**  
**6:30pm- Beginner/Intermediate Spin with Tim Ward**

## Tuesday

**6am- Pilates with Lacey**  
**8am- ZUMBA with Becky**  
**9am- Powerzone with Becky / Cathy**  
**10am- Chair Yoga with Barb**  
**5:15 Aqua Zumba with Nancy Cox**  
**6:15 HIIT with Nancy Cox**

## Wednesday

**6am- Intermediate/Advanced Spin with Tim Ward**  
**8am- Yoga with Barb and Harold / Erin**  
**11am- Wavemakers with Mandy**  
**12pm- Yoga with Erin**  
**5:30pm- Aqua HIIT with Mandy**  
**5:15pm - Core/Pilates with Jacey**  
**6:30pm- Beginner/Intermediate Spin with Lisa D**

## Thursday

**5:30am- Beginner/Intermediate Spin with Lisa S.**  
**6am- Pilates with April**  
**8am- ZUMBA with Becky**  
**9am- Powerzone with Becky / Cathy**  
**10am - Chair Yoga with Barb**  
**5:15 Aqua Zumba with Nancy**  
**5:15 Yoga with Erin**  
**6:15 HIIT with Nancy**

## Friday

**6am - Spin with Michelle E**  
**8am - Warm Yoga with Barb and Harold / Erin**  
**10am - SFB for Life with Lisa**  
**11am- Wavemakers with Mandy**

## Saturday

**Jan 7th 8am Spin with Tim**  
**Jan 7th 10am Core/Pilates with Jacey**

**Jan 14th 8am Spin with Paul**  
**Jan 14th 10am Core/Pilates with Jacey**

**Jan 21st Spin with Michelle**  
**Jan 21st 10am Core/Pilates with Jacey**

**Jan 28th Spin with Lisa D**  
**Jan 28th 10am Core/Pilates with Jacey**

**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**