

# GROUP FITNESS CLASS SCHEDULE

FALL 2023

(OCTOBER, NOVEMBER, DECEMBER)

## Monday

**6am- Intermediate/Advanced Spin with Lisa S**  
8am- Yoga with Barb and Harold / Erin  
9:30-10 Zumba GOLD with Becky  
10:00am- Functional Fitness with Cathy  
11am- Wavemakers with Mandy  
12pm- Yoga with Erin  
5:30pm- Bootcamp with Angie  
**6:30pm- Beginner/Intermediate Spin with Tim Ward**

## Tuesday

6am- Pilates  
8am- ZUMBA with Becky  
9am- Powerzone with Cathy  
10am- Chair Yoga with Barb  
5:15pm - Yoga with Erin

## Wednesday

**6am- Intermediate/Advanced Spin with Tim Ward**  
8am- Yoga with Barb and Harold / Erin  
10am- Functional Fitness with Lisa Downs  
11am- Wavemakers with Mandy  
12pm- Yoga with Erin  
5:30pm- Bootcamp with Angie  
**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- Pilates with Elaine  
10am - Chair Yoga with Barb  
5:15pm - HIIT with Nancy  
6:15pm- Pilates with Jacey

## Friday

**6am - Spin with Michelle E**  
8am - Yoga with Barb and Harold / Erin  
11am- Wavemakers with Mandy

## Saturday

**8am - Spin with Rotating Instructors**  
9:30am - Pilates with Jacey

Open Swim:  
3pm-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**

**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: Lacey Crumrine, Jacey Rauch**

**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**

**Functional Fitness:** Strength and mobility training designed to enable participants to better perform activities of daily living. **Instructors: Bob & Becky 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,, Lisa Downs, Michelle Escapa, Paul Vincent, Tim Ward, Travis Schroll**

**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**

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

**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**