

PARDS FAC 2021 FITNESS CLASS SCHEDULE:

Updated: 4/14/21

LOCATION:	TIME:	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
FITNESS & AQUATICS CENTER	8:15AM-9:00AM		SIT & FIT Rachael <i>Moderate</i>	WATER WALKING Andrea (@8AM)	SIT & STEP Rachael <i>Advanced</i>	YOGA Tenny (@8AM)	
	9:00AM-9:45AM	AQUACISE Andrea <i>Low Impact</i>	AQUACISE Andrea <i>Low Impact</i>	LINE DANCE Ana <i>Advanced</i>	AQUACISE Andrea <i>Low Impact</i>	AQUA FIT Andrea <i>High Intensity</i>	
	9:10AM-10:00AM	TBC Kathy	CARDIO HIT Rachael	AQUA FIT Andrea <i>High Intensity</i>	STRETCH & TONE 2 Ana <i>Silver Sneakers</i>	LBC Rachael	INSTRUCTOR CHOICE Kathy
	10:15AM-11:00AM	LINE DANCE Ana <i>Beginner</i>	STRETCH & TONE 2 Lisa <i>Silver Sneakers</i>	STRETCH & TONE 2 Ana <i>Silver Sneakers</i>	TBC Lisa	STRETCH & TONE 2 Erin <i>Silver Sneakers</i>	LINE DANCE Ana <i>Beginner</i>
	11:05AM-11:50AM	LINE DANCE Ana <i>Intermediate</i>				*11:45A-12:30P CARDIO FUSION Erin	LINE DANCE Ana <i>Intermediate</i>
	4:15PM-5:00PM	BARRE Shannon	CARDIO FUSION Erin	CHAIR YOGA Shanna	CARDIO FUSION Erin		
	5:00PM-5:45PM	KICKBOX CARDIO Shannon	BATON TWIRL Susan <i>@ 5:30PM Fee Based</i>	CHAIR YOGA Shanna	KICKBOX CARDIO Shannon	BARRE Shannon	
	6:05PM-7:00PM	BOOTCAMP	BATON TWIRL Susan <i>Fee Based</i>	BOOTCAMP	BOOTCAMP	TBC Shanna	
WELLNESS CENTER	8AM-9AM		YOGA Tenny				
	6PM-7PM				YOGA/Meditation Tenny		
RD3	11:00AM-12:00PM		WEIGHT TRAINING McKenzie		WEIGHT TRAINING McKenzie		
	5:30PM-6:30P<M			TBC CARDIO Rachel			

CLASS DESCRIPTIONS:

Classes included in membership:

CLASS:

DESCRIPTION:

AQUACISE

These classes are designed to increase flexibility, stability, and total body toning while providing an aerobic workout without wear and tear on your joints.

AQUAFIT

A water alternative to the H.I.I.T class. It consists of high energy intervals without putting any excess pressure on the joints.

BARRE

A form of physical exercise, it is distinguished from other group fitness activities, by its' use of the ballet barre and its' incorporation of movements derived from ballet.

BOOTCAMP

An interval training class that mixes calisthenics and body weight exercises, with cardio and strength training.

CARDIO FUSION

Low impact, interval training, with easy to follow choreography set to popular, international and motivational music alike. Each class can be modified to increase or decrease difficulty as needed. Exercise in disguise!

CARDIO KICKBOX

Group fitness class that combines martial art techniques with fast paced cardio. Build stamina, improve coordination, and flexibility.

LBC

(Lower Body Conditioning) This class targets lower body muscle groups using weights, bands, and bars while keeping you in your target zone.

LINE DANCE

This class uses a variety of music genres with sequencing step patterns. Have fun while improving your balance, strength, and memory without even realizing that you are exercising.

SIT & FIT/STEP

This class is designed to increase strength, cardio endurance, and range of motion in a low-impact format. A chair is used for seated or standing support. (1/2/3: levels of intensity)

TBC

(Total Body Conditioning) This class targets strengthening every major muscle group using weights, bands, and bars while keeping you in your target zone

WEIGHT TRAINING

(@ RD3) This class will naturally discuss the proper way to use weights to increase muscular size and function, but it will encompass so much more.

YOGA

Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

Fee based classes:

BATON TWIRL

is an art involving the manipulation of a metal rod and the performer's body to a coordinated routine. It is similar to rhythmic gymnastics or color guard.

**Class schedule is subject to change based on class participation. Schedules will be updated accordingly.*

**NO children under 12 years old, are allowed in Group Exercise Room.*