



# Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM						Cardio Physique Sue	
8:30 AM	Zumba Lindsay	Dance Fit Angi	POUND® Julie		Fit2Dance (GYM) Cheryl	Power Splash Linda	
9:30 AM	Total Body Sue		Total Body Sue		Total Body Sue	9AM Zumba (GYM) Robert & Thelma	
9:30 AM POOL	Combo H2O 9:40AM Christina	Cardio H2O Carolyn	Combo H2O 9:40AM Christina	Cardio H2O Carolyn	Combo H2O 9:40AM Christina	Deep H2O Linda	
10:00 AM		Tai Chi (Free) 10:30AM Charles		Tai Chi (Free) 10:30AM Charles	Inclusive Fitness Lisa		
1:00 PM							Sit Down, Shape Up 1:00 PM Jessica
4:30 PM		Total Body Sue					
5:30 PM	Total Body Kay	LIFT Laura	Yoga Kay	HIGH Fitness Jillian			
5:30 PM GYM		Zumba (GYM) Robert & Thelma					
6:30 PM POOL	Cardio Splash Linda	PowerSplash Linda	Cardio Splash Linda	Deep H2O Linda			
6:30 PM	Yoga Cathy	High LOW Laura	Zumba/HipHop Annie	Zumba (Gym) Lori			

This schedule is temporary and subject to change at any time.

Land classes are 45 minutes long to allow time for participants to clean their equipment between classes.



## Daily Drop-In Rate

\$5 per class

## VRC Members

Unlimited pass \$150

## 20 Class Pass

Member \$40 / Resident \$50 / Non-Resident \$70

## 50 Class Pass

Member \$75 / Resident \$100 / Non-Resident \$150

Updated March 27, 2023

**SCHEDULE MAY CHANGE DUE TO CLASS PARTICIPATION**

## **LAND FITNESS CLASS DESCRIPTIONS**

**Cardio Circuit** –This power circuit workout in the gym is done in interval segments that will make your body sweat and get your muscles toned through strength exercises. Cardio will change each week to challenge your body!

**Cycle Plus** - Experience an intense ride on the bike for half the class then the instructor will switch it up by adding strength, core and flexibility movements targeted to strengthen and challenge your entire body.

**Cardio Physique** – This advanced class exercises several muscle groups together as you squat, lunge, and lift while challenging balance and control. Feel your entire body transform!

**Total Body**– Improve overall muscular strength and cardio through various exercises using a multitude of equipment and techniques. Classes will change each week!

**Yoga**– **Bring your Yoga mat!** Yoga uses postures to enhance flexibility. Yoga can reduce stress, provide mental relaxation, and provide focus.

**Zumba®**- Join the party with this upbeat aerobic class put to modern Latin and non-Latin music. Zumba Circuit is an interval style class that uses Zumba routines and weight training exercises. Zumba in Motion combines cardio and weight intervals set to motivating music routines!

**Zumba/HipHop**- In this Zumba®/Hip Hop class, we'll mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Half of the class is based on Latin inspired dance moves to world music, and the other half, we pair energetic moves with popular hip hop and pop songs. This class is suitable for all fitness levels and anyone who wants to join in on lots of fun and effective dance exercise!

**POUND®** - A cardio jam session inspired by the energizing fun of playing the drums! You won't just listen to incredible music—you'll become the music in this exhilarating, full-body workout that combines conditioning and strength training. This can be done sitting in a chair or standing.

**HIGH Fitness** - Aerobics meets modern day HIIT Training. A sweaty blast! Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow choreography. Interval training moves: tuck jumps, burpees, jump squats. Take it HIGH or take it low! Modifications will be shown throughout entire class to accommodate ALL fitness levels. An energetic, fun, inspiring, and welcoming environment that will have you leaving class wanting more!

**High LOW** - A low impact aerobics class! This action packed, full-body blast will challenge you all while keeping it LOW. HIGHLow uses cardio and toning tracks choreographed with simple fitness moves for a fun, effective fitness class!

**LIFT** - Are you ready for a challenge?! A full body class incorporating weights and bodyweight with the intention to build strength and tone all muscle groups. Low impact and adaptable to all fitness levels.

**Fit2Dance**- Fit2Dance is an easy to follow, energizing cardiovascular workout geared towards increasing flexibility, endurance, strength & overall fitness through dancing & intervals of light weights, which are all choreographed to upbeat music! Come sweat with us! All you need to bring is your smile & good vibes!

**Sit Down, Shape Up**- Choreographed chair routines that include mountain climbers, leg lifts, tricep dips, etc, plus mat work that will work total body using your own body weight. Everything can be modified!

**Inclusive Fitness**- This fitness class is for people who have developmental disabilities. Classes will focus on body movement, occasional light dumbbells, stretching, games and socialization.

**Tai Chi**- Join Charles "C.J." Briggerman, an athletic trainer who has been certified to teach Tai Chi for arthritis and seated Tai Chi for arthritis, to learn the movements and art of Tai Chi. Class participants should plan to wear gym shoes or be barefoot (no socks, please) and bring a yoga mat (optional). This class is Free.

## **WATER FITNESS CLASS DESCRIPTIONS - NO SWIMMING SKILLS REQUIRED**

**Combo H2O** – This class will provide a complete cardiovascular workout, as well as provide stretching, strength training, and aerobic activity.

**Cardio Splash** – Use the resistance of the water to improve cardiovascular fitness, endurance and strength. Depending on your level you can choose to either be in the deep area or shallow area of the pool during class.

**Power Splash** – This class will help you step it up a notch with cardiovascular drills, strength training moves, and more! If you are looking for a fun water workout, this is a great class to add to your routine!

**Cardio H2O** – This class will help you reach your fitness goals through routines that challenge the cardiovascular system and your total body strength capabilities.