

Fitness Class Schedule May 2015

Fitness Classes Are Included In A CRC Membership.
Non-Members Pay a Drop-In Fee of \$5

MONDAY

6:00am-6:40am
X-Train-Fit-Victoria
(Collin's Kids Court #2)

6:45am-7:15am
Abtastic-Victoria
(Collin's Kids Court #2)

7:00am-7:55am
Running 101-Ashley

8:00am-8:55am
Yoga-Charlean
(Waccamaw Room)
Piloxing Barre-
Call ahead to reserve your spot Class limit #16-Jessica

9:00am-9:55am
Zumba-Jenn H.
(Collin's Kids Court #2)
Sunshine Seniors-Sue

9:00am-9:30am
Synergy 360 Equipment Orientation 2nd Level

10:00am-10:55am
Strength and Core-Jenn S.

11:00am-12:00pm
Yoga-Ashley
Silver Sneakers Circuit-
Jessica/Barbara

12:00pm-2:00pm
Video Lunch Crunch
Piloxing Barre-
Call ahead to reserve your spot Class limit #16-Jessica

5:40pm-6:30pm
Zumba-Joy

5:40pm-6:30pm
Fit Kids-Marci

5:45pm-6:15pm
P90x (Lower Body & Core)-
Jenn S.(Collin's Kids Court #2)

6:15pm-6:45pm
Insanity-Jenn S.
(Collin's Kids Court#2)

TUESDAY

6:00am-6:45am
Bootcamp-Ashley

8:00am-8:55am
Yoga-Ashley

9:00am-9:55am
Stride-N-Stretch-
Maryanne(Indoor Track)
P90X-Jenn S.

10:00 am-11:00am
Silver Sneakers Classic-
JennC.(Waccamaw)
Pilates for Beginners-
Maryanne

11:05am-11:45am
Line Dancing-Jessica

5:40pm- 6:30pm
P.E. For Kids-Wykenia

5:40pm- 6:40pm
Zumba-Crystal
(Collin's Kids Court #2)

5:45pm-6:15pm
P90x
(Upper Body & Core)-
JennS.(Fitness Room)

6:20pm-6:50pm
Lower Body Tabata-
Jenn S.(Fitness Room)

7:00pm-7:45pm
Warm Flow Yoga-
Maryanne

WEDNESDAY

6:00am-6:55am
Cycle-Jennifer C.

7:00am-7:55am
Running 101-Ashley

8:00am-8:55am
Yoga-Charlean
(Waccamaw Room)

9:00am-9:55am
Zumba -JennH.
(Collin's Kids Court #2)
Sunshine Seniors-Sue

9:00am-9:30am
Synergy 360 Equipment Orientation 2nd Level

10:00am-10:55am
Strength and Core-Jenn S

11:00am-12:00pm
Yoga-Ashley
Silver Sneakers Circuit-
Jessica/Barbara

12:00pm-2:00pm
Video Lunch Crunch

4:00pm-5:00pm
Piloxing Barre-
Call Ahead To Reserve Your Spot Class Size limit #16-Jessica

5:35pm-6:30pm
Step-N-Sculpt-Joy(Fitness Room)

6:45pm- 7:45pm
Tai Chi-John (Fitness Room)

5:40pm-6:30pm
Fit Kids-Wykenia

THURSDAY

6:00am-6:55am
Bootcamp- Ashley

6:00am-6:55am
Sun Rise Yoga-Jennifer C.

8:00am-8:55am
Yoga-Ashley

9:00am-9:55am
Stride-N-Stretch-Maryanne
P90X-Jenn S.

10:00am-11:00am
Pilates for Beginners-
Maryanne

11:05am-11:45am
Line Dancing-Jessica

5:40pm-6:30pm
P.E. For Kids-Wykenia

5:35pm-6:35pm
Zumba-Angie (FitnessRoom)

5:45pm-6:45pm
P90x-JennS.
(Collin's Kids Court #2)

6:00pm-6:35pm
Synergy 360 Equipment Orientation 2nd level-
Robin

6:45pm-7:00pm
Warm Flow Yoga-
Robin (Fitness Room)

FRIDAY

6:00am-6:55am
Cycle- Ashley
Synergy 360
Circuit Slam-
JennC .

7:00am-7:30am
Yoga- Ashley

8:00am-9:30am
Hot Flow Yoga-
Charlean(Waccamaw)

9:00am-9:55am
Sunshine Seniors-
Sue

Zumba-JennH.
(Collin's Kids Court#2)

10:00am-10:55am
Strength and Core-
Maureen

11:05am-12:00pm
Yoga For Golfers-
Ashley

12:00pm-2:00pm
Video Lunch Crunch



SATURDAY

★ May 2	8am-9am Zumba- Chasity	9am-10am Zumba- Chasity
May 9	8am-9am P90X- Jenn S.	9am-10am Cycle- Maureen
May 16	8am-9am Synergy 360 Circuit Slam- Jenn C.	9am-10am Yoga Jenn C.
May 30	8am-9am P90X- Jenn S.	9am-10am Zumba- Joy

Open Court Games

Pickleball & Cornhole
Tuesday 9am-12pm
Thursday 9am-12pm
Saturday
1:30pm-3:30pm ★

There Will Be No Scheduled Fitness Classes ON Sat. May 23rd or Monday May 25th In Observance of Memorial Day Holiday.



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Jessica Stalvey

Fitness Coordinator

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Schedule period:
May 2, 2015- May 30, 2015

All Classes Are Subject To Change or Cancellation

Abtastic: A 30 minute booster for core and abs made to increase your core strength and to lose inches in your waist.

Bootcamp: An intense total body workout that will challenge you with cardio, resistance, and interval training.

Cycle: Hills, jumps, sprints, oh my! Take your cycling workout indoors with an intense, fun ride!

Fit n Stretch: A 30 minute stretch and flexibility class.

Fit Kids: A class that will engage children in regular exercise disguised as Fun! This Class will introduce children to Circuit Training, Speed/Agility and Games/Relays. Class will include a warm up, stretch, 40 minutes of fun exercise and end with a cool down and stretching. Ages 6+ can enjoy this class!

Insanity: This intense workout employs MAX interval training to achieve faster body composition & sculpt your muscles. Insanity is set to Fun, High Energy Music, with lots of MODIFICATIONS!!!! So a variety of fitness levels can participate. Bring your towel & water bottle as you "Dig Deeper" through this AWESOME class!!

Line Dancing: Are you ready to dance those inches OFF??? Have a blast while you blast off calories!!! This energizing class will introduce beginning moves that build basic line dancing routines to country music, hip-hop, and the occasional "Golden Oldies"!!!! All fitness levels are welcome, so saddle up and get ready to Boogie!!!

Lower Body Tabada: Are you ready to really burn out your legs and your lungs at the same time!! We will be doing some fairly challenging exercises in this format; 20 seconds on, 10 seconds off, four times total with body weight exercises that target those abs, hips, thighs, and glutes!!!

P.E. For Kids: This class is designed to give children ages 6+ the opportunity to develop fitness skills by focusing on concepts like speed, agility, balance, flexibility, & ROM through interactive and energetic activities such as kick ball, circuit stations, parachute games, with occasional free play and many more fun exercise routines.

Pilates For Beginners: This 45 minute class involves a series of classical pilates exercises fused with stretch performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. Special attention is given to proper body alignment and form. Possible props – including foam rollers, therabands, stability balls may be used in routines.

Piloxing Barre: Join us for this dynamic fusion class that combines the elements of pilates, poised dance techniques, and kickboxing moves!! This one hour class will use a barre to encourage individuals to achieve proper form while gaining more core strength and balance with bouts of cardio. * Please Note that classes are to be done without shoes or with grip socks. * Classes are limited to the first 16 people signed up, please sign-up at the Front Desk*

P90X! ®: Join this total Body Workout by Beach Body every Tues./Thurs. morning at 9am or Monday evenings (Lower Body & Core), Tuesday evenings (Upper Body & Core), and again on Thursday evening for full body. This class incorporates formatted blocks of strength training, cardio, core, with occasional plyometric blocks to create the ultimate "muscle confusion" experience. Challenge your body with new moves & routines. If you are looking to beat your plateau this is the class for you!!

Running 101: Are you looking to ease into a running program gradually?? Running 101 is a training class that will focus on a progressive outline for beginners who are looking to train effectively complete running distances. The idea is to begin to transform participants from couch potato to runner 5k this fall season. Runs will take place outdoors, around the indoor track, and on treadmills *with possible field trips* Please come prepared with the following for this outdoor class: proper attire including light clothing, sunscreen, sunglasses, hats; Inhalers, epinephrine pens or other reactive medications if applicable; lots of water (before, during and after) and a towel.*

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available for seated and/or standing support. **Silver Sneakers Circuit** is offered on Monday/Wednesdays at 11am.

Strength and Core: Focuses on major muscle groups including biceps, chest, gluts, abs and quads in a group exercise, body sculpting class.

Step-N-Sculpt: An aerobic workout performed by stepping up onto and down from The Step. This is a cardio based class that will increase your endurance and cardiovascular health combined with strength training exercises that will strengthen & tone your body!!

Stride-N-Stretch: This class is a great low impact class that combines walking routines around the upstairs track with chair stretching and core strengthening exercises.

Sunshine Seniors: A fun and upbeat fitness class for anyone over the age of 60. This class uses a variety of low impact, easy to learn exercises to ignite health and fitness in the older population.

Synergy 360 Circuit Slam: This is a total body conditioning class that utilizes a wide range of exercises on and around the Synergy 360 on the 2nd level. This comprehensive workout is designed to improve your muscular strength, endurance, agility along side creating a powerful core. This is an awesome way to challenge your self and make fitness fun!! **Check out the Synergy 360 orientation classes offered on Monday/Wednesday mornings as well as Thursday evenings. Basic instructions on how to use attachments and circuit stations will be explained.**

Tai Chi: This class is designed to introduce basic rhythmic Tai Chi principles/postures that promote improvement in circulation & balance, while increasing strength & flexibility.

Video Lunch Crunch: Come in on Mondays & Wednesdays & Fridays 12pm-2pm to workout with a collection of your favorite workout routines in the fitness room. Videos will be available to choose from so that you can experience an exciting way to push hard in the middle of your day (Workouts can range from cardio, choreography, strength, plyometrics, stretch, and much more).

Yoga: In a flowing sequence of traditional poses, movement with breath to increase your strength, coordination, concentration, and body awareness while calming your mind and reducing stress. **Hot Flow Yoga Friday** will be featured in the month every Friday. This Yoga style will offer individuals the chance to decompress and detox with vinyasa flow in a heated room. Come prepared to work hard & sweat to funky music with a hot beat!! **Warm Flow Yoga** will be featured in the fitness room on Tuesday/Thursday Evenings. **Golfers Yoga** will be featured each Friday at 11:05 am in the month of March. Come learn simple yoga poses and techniques that will increase your range of motion and improve your golf swing. Stability Balls and foam rollers will occasionally be used during class. **Sun Rise Vinyassa Flow** will be offered Thursday mornings at 6am. This class welcomes all fitness levels and will introduce Hatha yoga intermixed with Vinyassa flow.

Zumba®: An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It's exercise in disguise! *All evening classes will be held on Collin's Kids Court #2.

X-Train Fit: Stuck in a rut with the same old routines? Time to switch it up!!! X-Train Fit is held on the 2nd floor & will utilize a variety of equipment including the track.