**FITNESS CLASS SCHEDULE**
**JANUARY 2015**

### MONDAY
- 6:00am-6:40am: Interval 3-2-1 - Victoria
- 6:45am-7:15am: Abstastic - Victoria
- 8:00am-8:55am: Yoga - Charlean (Waccamaw Room)
- 9:00am-9:55am: Zumba - Jenn H. (Collin’s Kids Court #2)
- 9:00am-11:00am: Sunshine Seniors-Sue
- 10:00am-10:55am: Strength and Core - Jenn S.
- 11:00am-12:00pm: Yoga - Christa
- 12:00pm-2:00pm: Zumba Gold/Toning - Joy
- 5:40pm-6:30pm: Fit Kids - Joshua
- 5:45pm-6:15pm: Insanity - Jenn S. (Collin’s Kids Court #2)
- 6:15pm-6:45pm: Abstastic - Jenn S. (Collin’s Kids Court #2)
- 7:10pm-8:00pm: W.O.W. - Jenn C (Upstairs)

### TUESDAY
- 6:00am-7:00am: Bootcamp - Daniel
- 7:05am-7:35am: Floor & Core - Daniel
- 8:00am-8:55am: Yoga - Ashley
- 9:00am-9:55am: Stride-N-Stretch - Maryanne (Indoor Track)
- 9:00am-12:00pm: Open Pickle Ball - (Collin’s Kids Court #2)
- 10:00 am-11:00am: Silver Sneakers Classic - Jenn C. (Waccamaw)
- 11:05am-11:45am: Pilates for Beginners - Maryanne
- 11:45am-12:00pm: Line Dancing - Jessica
- 4:45pm-5:30pm: Running 101 - Ashley
- 5:40pm-6:30pm: P.E. For Kids - Joshua
- 6:40pm-6:45pm: Zumba - Joy (Fitness Room)
- 6:45pm-6:45pm: Tone & Flex - Jenn S. (Collin’s Kids Court #2)
- 6:45pm-7:45pm: Warm Flow Yoga - Christa

### WEDNESDAY
- 6:00am-6:55am: Cycle - Jennifer C.
- 7:00am-7:30am: Yoga - Jennifer C.
- 8:00am-8:55am: Yoga - Charlean (Waccamaw Room)
- 9:00am-9:55am: Zumba - Jenn H. (Collin’s Kids Court #2)
- 9:00am-10:55am: Strength and Core - Jenn S.
- 11:00am-12:00pm: Yoga - Christa
- 11:05am-11:45am: Silver Sneakers Circuit - Jessica (Collin’s Court #2)
- 5:35pm-6:30pm: Step-N-Sculpt - Joy (Fitness Room)
- 5:45pm-6:45pm: Cardio Bootcamp - Daniel
- 5:45pm-6:45pm: X-Train - Fit - Ashley (Upstairs)
- 5:40pm-6:30pm: Fit Kids - Wykenia

### THURSDAY
- 6:00am-7:00am: Bootcamp - Daniel
- 7:05am-7:35am: Floor & Core - Daniel
- 8:00am-8:55am: Yoga - Ashley
- 9:00am-9:55am: Stride-N-Stretch - Maryanne (Indoor Track)
- 9:00am-12:00pm: Open Pickle Ball - (Collin’s Kids Court #2)
- 10:00am-11:00am: Pilates for Beginners - Maryanne
- 11:05am-11:45am: Silver Sneakers Classic - Maryanne (Waccamaw)
- 12:00pm-1:00pm: Line Dancing - Jessica
- 1:15pm-2:00pm: Open Corn Hole - (Collin’s Kids Court #2)
- 11:00am-12:00pm: Zumba - Jenn H. (Collin’s Kids Court #2)
- 1:00pm-1:30pm: P.E. For Kids - Wykenia
- 2:30pm-3:30pm: Zumba - Angie (Fitness Room)
- 3:35pm-4:30pm: Cardio Bootcamp - Daniel
- 4:40pm-6:45pm: Tone & Flex - Jenn S. (Collin’s Kids Court #2)
- 5:40pm-7:15pm: Yoga - Ashley

### FRIDAY
- 6:00am-6:55am: Cycle - Ashley
- 6:05am-6:40am: W.O.W. - Jenn C. (Upstairs)
- 7:00am-7:30am: Yoga - Ashley
- 8:00am-8:55am: Hot Flow Yoga - Charlean (Waccamaw)
- 9:00am-11:00am: Open Corn Hole - (Collin’s Kids Court #1)
- 9:00am-9:55am: Sunshine Seniors - Sue
- 9:55am-11:00am: Zumba - Jenn H. (Collin’s Kids Court #1)
- 10:00am-10:55am: Strength and Core - Jenn S.
- 11:00am-12:00pm: Yoga - Christa
- 12:00pm-2:00pm: Zumba - Wykenia (Collin’s Kids Court #2)
- 1:00pm-2:00pm: Fit n Stretch - Jessica

### SATURDAY
- Jan. 3: Boot Camp - Jenn S.
- Jan. 10: Boot Camp - Jenn S.
- Jan. 17: Boot Camp - Jenn S.
- Jan. 24: Boot Camp - Jenn S.
- Jan. 31: Boot Camp - Jenn S.
- 8:00am: Yoga - Chrissa
- 9:00am: Cycle - Jenn C.
- 9:00am: Zumba - Jenn H.
- 10:00am: Tai Chi - John

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**Schedule period:**
Saturday Jan. 3rd – Saturday Jan. 31st

*All Classes Are Subject To Change or Cancellation*

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Follow us on Facebook!

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Fitness Classes Are Included In A CRC Membership. Non-Members May Pay A Drop-In Fee of $5.
Class Descriptions

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

**Cardio 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!

**Floor & Core:** Work on strength and stability of the abdominals and back muscles in this 30-minute class that implements creative routines using mats and stability balls. No choreography. All fitness levels welcome.

**Insanity:** This intense workout employs resistance 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!!

**Interval 3-2-1:** Join this fresh way to train your full body by focusing on Cardio (3!!!), Strength (2!!), and Abdominals (1!!). This combination will target multiple areas and have you sweating in 3-2-1!!!!!

**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!!!! All fitness levels are welcome, so saddle up and get ready to Boogie!!!

**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.

**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 SilverSneakers ball are offered for resistance. A chair is available for seated and/or standing support.

**Silver Sneakers Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

**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.

**Tone & Flex:** This high intensity class is focused on large muscle groups through strength and conditioning exercises. This full body routine is for advanced exercisers!

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

**W.O.W.:** Are you ready to jump start your body and put your workouts into overdrive? If you are ready to change your routine and body, we have the class that will motivate you to reach your goals! Under the direction of a Fitness Instructor, you will learn how to utilize resistance training with free weights and machines. The main objective for Women On Weights (W.O.W.) is to offer the basics of weight training, demonstrate safe & proper technique, & discover a variety of weight training exercises.

**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 Evenings.

**Zumba Gold/Zumba Gold Toning:** This 50/50 class is an exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It’s exercise in disguise! Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant along with Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

**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.