Fitness Class Schedule
May 2015

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-Ashley
(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
4:30pm-5:30pm  Piloxing Barre-
*Call ahead to reserve your
spot* Class limit #16-Jessica
5:40pm-6:30pm  Zumba-Joy
5:40pm-6:30pm  Fit Kids-Marcl
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.
10:00am-11:00am  Silver Sneakers Classic-
Jenn S.(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)
Jenn S (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
(Indoor Track)
P90X-Jenn S.
9:00am-9:55am  Zumba-Jenn H.
(Collin’s Kids Court #2)
10:00am-10:55am  Synergy 360 Equipment
Orientation 2nd Level
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  Sunshine Seniors-Sue
9:00am-9:30am  Synergy 360 Equipment
Orientation 2nd Level
10:00am-10:55am  Synergy 360 Equipment
Orientation 2nd Level
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  Warm Flow Yoga-
Robin (Fitness Room)

FRIDAY
6:00am-6:55am  Cycle-Ashley
Synergy 360 Circuit Slam-
Jenn C.
7:00am-7:30am  Yoga-Ashley
8:00am-9:30am  Hot Flow Yoga-
Charlean(Waccamaw)
9:00am-9:55am  Sunshine Seniors-
Sue
Zumba-Jenn H.
(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

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

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

Follow us on Facebook!

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.

**Piloting 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 10 people signed up, please sign-up at the Front Desk*

**90X!®:** 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.