

Please Note that ALL CLASSES are subject to change based on Location- Instructor Availability-Class Participation!

# October

Fitness Class Schedule Sept. 30<sup>th</sup>- Oct. 31<sup>st</sup>

## Pop-Up Class

Friday:: 8:00am-8:45am  
Power Kick Cardio Darius - Court #1  
10/4,10/11,10/18,& 10/25

### Monday

6:00am-6:45am  
H.I.C.T Bootcamp  
Randy  
2<sup>nd</sup> Level

6:15am-6:50am  
Power Kick & Abs  
Darius -  
Fitness Room

7:00am-7:45am  
Strong by Zumba-  
Pam  
Fitness Room

8:00am- 8:45am  
Power Kick Cardio  
Darius  
Collins Kids  
Court#1

9:00am- 9:45am  
Barre Blend & Extend  
Nadine  
Fitness Room

9:00am - 9:45am  
Strength & Core-  
Daniel  
Court#1

10:00am - 11:00am  
Zumba-  
Marissa  
Court #1

11:00am-12:00pm  
Tai Chi  
Ben  
Fitness Room

11:15am-12:00pm  
Chair Aerobics  
Brigette  
Court#1

4:30pm-5:00pm  
/6:00pm-6:30pm  
I.C.T  
Eric-  
Meet Upstairs

5:15pm-6:00pm  
Strength & Core  
Amy  
Fitness Room

### Tuesday

6:00am- 6:45am  
Cardio Kick & Abs  
Amy-  
Court#1

7:00am-7:45am  
Functional Strength  
Nick  
Fitness Room

8:00am-8:45am  
Functional Strength  
June  
Court#1

9:00am-9:45am  
Step & Sculpt  
Jessica  
Fitness Room

9:00am-9:45am  
Cardio Dance Combo  
Linda D.  
Court #1

10:00am-11:00am  
Line Dancing-  
Roger  
Court #1

10:05am-11:00am  
Silver Sneakers  
Classic  
Brigette  
Fitness Room

11:10am-12:00pm  
Chair Yoga  
Brigette -  
Fitness Room

4:30pm-5:10pm  
Step & Sculpt  
June  
Fitness Room

4:30pm-5:00pm  
/6:00Pm-6:30pm  
I.C.T-  
Eric 2<sup>nd</sup> Level

5:30pm-6:30pm  
Indoor Cycle-  
Tina Y-  
2<sup>nd</sup> Level  
Cycle Room-

5:15pm-6:00pm  
Strong By Zumba  
Marissa-  
Fitness Room

6:10pm-7:10pm  
Zumba  
Marissa  
Glow Party 10/29  
Fitness Room

### Wednesday

6:00am-6:45am  
Strength & Core-  
Amy -  
Court #1

7:00am-7:45am  
Indoor Cycle  
Tina Y.-  
2<sup>nd</sup> Level Cycle Room

7:00am-7:45am  
Strength & Core  
Amy  
Court #1

8:00am-8:45am  
Strong By Zumba-  
Pam  
Court #1

9:05am-9:35am  
Circuit Abs  
Daniel  
Fitness Room

9:00am - 9:45am  
Zumba-  
Pam  
Court #1

10:00am - 10:45am  
Strength & Core  
Tina C.  
Court #1

10:00am-10:45am  
Indoor Cycle  
June- **No Class 10/9**  
2<sup>nd</sup> Level Cycle Room

11:00am-12:00pm  
Tai Chi  
Ben  
Fitness Room

11:15am-12:00pm  
Chair Aerobics  
June  
Court#1

Jessica Stalvey:  
Fitness Coordinator  
jstalvey@conwaysc.gov  
843-488-7685

[www.conwayparksandrecreation.net](http://www.conwayparksandrecreation.net)

### Thursday

6:00am - 6:45am  
Step & Sculpt  
Amy- Fitness Room

7:00am - 7:45am  
Functional Strength  
Nick-  
Fitness Room

8:00am-8:45am  
Instructor Choice  
Daniel-  
Sept. - Upper/Lower  
Body Training  
Court#1  
Halloween Demo 10/31

9:00am-9:45am  
Zumba  
Kerri -  
Court#1  
Halloween Demo 10/31

9:00am - 9:45am  
Step & Sculpt  
Tina C.-  
Fitness Room  
Halloween Demo 10/31

10:00am-11:00am  
Line Dancing  
Roger-  
Court#1  
Halloween Demo 10/31

10:05am-11:00am  
Silver Sneakers  
Circuit  
Brigette-  
Fitness Room  
11:10am-12:00pm

Chair Yoga  
Brigette  
Fitness Room

4:30pm-5:15pm/  
I.C.T - 2<sup>nd</sup> Level  
Eric  
No Class 10/31

5:30pm-6:30pm  
Beginners Line  
Dancing-  
Roger-**No Class**  
10/10 & 10/31  
Fitness Room

6:00pm-6:30pm  
I.C.T - 2<sup>nd</sup> Level  
Eric  
No Class 10/31

### Friday

6:00am-6:45am  
H.I.C.T Boot Camp  
Randy - 2<sup>nd</sup> Level

6:45am-7:15am  
Booty Blast  
Morgan-  
Class Only 10/4 & 10/18  
Fitness Room

7:15am-7:50am  
Step & Sculpt  
Autumn-  
Fitness Room

9:00am-9:45am  
Strength & Core  
Autumn/Jessica/Tina  
Court #1

9:00am-9:45am  
Barre  
Nadine  
Fitness Room

10:00am - 10:50am  
Cardio Dance Combo  
Tina - **No Class 10/18**  
Fitness Room

10:00am-10:45am  
Indoor Cycle  
Autumn - **No Class 10/18**  
2<sup>nd</sup> level Cycle Room

10:00am-11:00am  
Zumba-  
Pam- Court #1

11:15am- 12:00pm  
Chair Aerobics  
Nadine -Fitness Room

### Saturday

Cardio Kick & Abs  
8:30am-9:15am  
Fitness Room

Kassidi - 10/5

**NEW!** Beginner's Strong By Zumba  
8:30am-9:10am  
Jess W. - 10/12 & 10/26

Step & Sculpt  
8:30am-9:15am  
Fitness Room  
Amy- 10/19

Indoor Cycle  
9:30am-10:15am  
Fitness Room  
June- 10/12 & 10/19

Zumba  
9:20am-10:20am  
Fitness Room  
Kerri- 12<sup>th</sup> & 26<sup>th</sup>

I.C.T  
2<sup>nd</sup> Level  
11:00am-11:30am  
Eric- 5<sup>th</sup>-12<sup>th</sup>-19<sup>th</sup>-26<sup>th</sup>

- **Barre:** Join us for this dynamic fusion class that combines the elements of Pilates and poised dance techniques! This 45 minute 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. \*This class requires On-line Registration for sign-up\* Monday mornings will use concentrated moves for lengthening the body through extension of the upper-middle-lower muscle groups/stabilizers while utilizing stretch exercises built into the routine.
- **Booty Blast** Pressed for time? This express class focuses on strengthening and toning your lower body by targeting the glutes, hips, & thighs! Routines work by using the large muscles in the legs to burn off calories quickly to help you drop extra fat content. Routines can feature Isometric Yoga poses-bands-balls & much more! All fitness levels are welcomed!
- **Cardio Dance Combo:** An exhilarating, effective, easy-to-follow, dance-fitness program that helps you burn calories fast! It's exercise in disguise! This class has low impact dance routines that are sure to keep you motivated as you move to a range of top 40 hits through the decades! Please note that Cardio Dance can include Zumba Gold periodically. Please note that Friday Classes will feature toning exercises that can include free weights/balls/bodyweight exercises .
- **Cardio Kick& Abs:** Join the fun with intense & active standing ABS/punch/ kick routines that will keep you moving!! This class is built to burn calories and use muscles that you do not use during everyday activities ! All fitness levels are welcome!
- **Circuit Abs :** Join us each Thursday morning at 8:10am to work your core with stations designed to target those stubborn abdominal/back muscles. This class will feature modifications suitable for most fitness levels. If you suffer from back injury please seek physician's release before participation.
- **Chair Aerobics:** This low intensity workout combines cardio, strength and flexibility, all modified to a seated position. A perfect exercise class for seniors, those just starting an exercise routine, those with balance issues, those recovering from an injury or surgery or anyone who needs a very low intensity workout.
- **Indoor "CYCLE" :** Hills, jumps, sprints, oh my! Take your cycling workout indoors with an intense, fun ride! Class will hold 9 participants. Join us weekly this month at a variety of times for exciting indoor rides that will incorporate upper body exercises. Free weights maybe be featured along with body weight exercises with routines.
- **Fit Over 50: Fit Over 50:** A fun and upbeat fitness class for anyone age 50 or older. This class uses a variety of low impact, easy to learn exercises to ignite health and fitness in the older population intermingled with basic dance choreography & toning exercises for strength, coordination and balance!
- **Functional Strength :** Functional fitness training is a type of strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling. Routines can implement a variety of equipment such as bands, balls, dumbbells, kettle bells, and weighted bars with occasional bouts of cardio.
- **H.I.C.T Boot Camp:** High-intensity circuit training (HICT) involves combining both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises. Expect routines to implement station work –this month will Please meet on the second level of the facility.
- **Hi/Low Step -** (Hi/Low impact step aerobics) - is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training through basic step routines that incorporates high and low impact moves as well as toning exercises, for a superior total body workout!
- **Interval Cross Training (I.C.T):** Stuck in a rut with the same old routine? Time to switch it up! This class will be held on the Second floor and will utilize a variety of equipment, from dumbbells, weighed bars, kettle bells, smash balls, and much more! This is a high intensity workout meant to challenge your inner athlete! Please note that this is a high impact class that implements fast transitions from the track, rowers, and a variety of other equipment! Routines are not designed for hip-shoulder-back-knee-balance issues! Please Note that the 6pm spots for this class are for advanced levels only! You will need to be cleared with the instructor to participate in class. If you have Knee/Hip/Back/Shoulder issues this will not be the session for you. Please check out our 4:30pm slots for a less advanced level.
- **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!
- **Power Kick Cardio:** This class is combines higher intensity kickboxing moves ideal for a challenging workout! Resistant exercises will also be featured into routines making it a perfect blend for full body training! A variety of equipment that range from bands to weights can be implemented during class.
- **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:** 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 non-impact aerobic choreography.
- **Strength and Core :** This class total body strength workout that focuses on major muscle groups including biceps, chest, glutes, abs and quadriceps. Tabata style training will occasionally be incorporated into routines- All fitness levels are welcome!
- **Step & Sculpt:** This class is a basic step class geared towards cardiovascular training as well as incorporating strength training to sculpt & tone your muscles! This is an awesome full body workout! All fitness levels are welcomed! Please note that Thursday Step and Sculpt will be taught at a beginner's level.
- **Strong By Zumba®:** This is a high intensity interval training workout that implements traditional fitness moves, such as squats, lunges, push ups and planks, for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. \*NO Equipment Required\* Beginner's Classes will be offered on certain Saturdays of the month and will focus n the modifications/fundamentals of Strong by Zumba.
- **Tai Chi:** Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. The ultimate purpose is to flow smoothly and intentional through the body movement. Essentially, Tai Chi involves performing relaxed, fluid movements with a calm, yet focused mental state. This class is an entry level opportunity suitable for beginners and can enhance activities of daily living.
- **Yoga Stretch:** This is a perfect way to unwind with gentle stretches for the entire body accompanied with basic Yoga poses to enhance flexibility!
- **Yoga "Chair"** Gentle yoga poses from a chair position. Great opportunity for those who want to avoid having to get down on the floor.
- **Yogalates:** This Class focuses on basic Pilates principles & Yoga techniques that strengthen core muscles, increase flexibility, improve breath control and correct alignment to improve posture. Simple choreography and clear instruction makes this class accessible to both beginners that haven't exercised in years or people who exercise regularly.
- **Zumba®:** An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It's exercise in disguise!