

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

november

Fitness Class Schedule Nov. 4th - Dec. 1st

Jessica Stalvey:
Fitness Coordinator
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843-488-7685

Monday

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

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

8:00am-8:45am
Barre
Nadine
Court #1

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

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

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

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

6:00pm-6:30pm
I.C.T-
Eric -2nd Level
Advanced Level

5:05pm-5:45pm
Strength & Core
Amy
Fitness Room

6:00pm-6:45pm
Yoga Stretch
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
No Class 11/21
Fitness Room

9:00am-9:45am
Zumba Gold
Dee
Court #1

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

10:05am-11:00am
Silver Sneakers
Classic
Brigitte/Dee
Fitness Room

11:10am-12:00pm
Chair Yoga
Brigitte/Dee
Fitness Room

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

4:30pm-5:10pm
Step & Sculpt
June
11/7 & 11/14 Only
Fitness Room

5:30pm-6:30pm
Indoor Cycle-
Tina Y-
2nd Level
Cycle Room-

5:15pm-6:00pm
Strong By Zumba
Marissa
11/14, 11/21, &
11/28 Only
Fitness Room

6:10pm-7:10pm
Zumba
Marissa
Fitness Room

Wednesday

6:00am-6:45am
Indoor Cycle
Tina Y.-
No Class 11/22
2nd Level Cycle Room

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

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

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

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
2nd Level Cycle
Room

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

NOTICE:
Pickle Ball Will Take Place
Monday-Friday 9am-1pm
Court #2

Beginner Pickle Ball
Tues/Thursday
1pm-2pm Court #2

6:05pm-7:00pm
Zumba
Kerri
No Class 11/22
Fitness Room

Fitness Classes are
included in
a CSFC Membership. /Non-
members pay a drop in fee
of \$5 per class

Thursday

6:00am - 6:45am
Step & Sculpt
Amy
No Class 11/23
Fitness Room

7:00am - 7:45am
Functional Strength
Nick-**No Class 11/23**
Fitness Room

8:00am-8:45am
Walking Class -
Nick -**No Class 11/23**
Meet 2nd Level

8:10am-8:50am
Cardio Kick & Abs -
Jessica -
No Class 11/23
Court#1

9:00am - 9:45am
Step & Sculpt
Tina
No Class 11/23
Fitness Room

9:00am-9:45am
Spontaneous
Combustion
June- **No Class 11/23**
Court#1

10:00am-11:00am
Line Dancing
Roger- **No Class 11/23**
Court#1

10:05am-11:00am
Silver Sneakers
Circuit
Brigitte/Dee
Fitness Room
No Class 11/23

11:10am-12:00pm
Chair Yoga
Brigitte/Dee
Fitness Room
No Class 11/23

4:30pm-5:15pm/
I.C.T - 2nd Level
Eric
No Class 11/23

5:30pm-6:30pm
Beginners Line
Dancing-
Roger
Fitness Room
No Class 11/23

6:00pm-6:30pm
I.C.T - 2nd Level
Eric
No Class 11/23

Friday

6:00am-6:45am
H.I.C.T Boot Camp
No Class 11/10 & 11/24
Randy - 2nd Level

6:45am-7:15am
Booty Blast
Morgan
No Class 11/10 & 11/24

7:15am-7:50am
Step & Sculpt
Autumn
No Class 11/10 & 11/24 & 12/1
Fitness Room

8:00am - 8:45am
Barre
Autumn/Nadine
No Class 11/10 & 11/24
Court#1

9:00am-9:45am
Strength & Core
Autumn/Beverly/Tina
Court #1
No Class 11/10 & 11/24

10:00am-10:45am
Indoor Cycle
Autumn
No Class
11/10 & 11/24 & 12/1
2nd level Cycle Room

10:00am - 10:45am
Fit Over 50
Heather/Tina
Fitness Room
No Class 11/10 & 11/24
10:00am-11:00am
Zumba-
Pam-
Court #1
No Class 11/10 & 11/24

Saturday

Step & Sculpt
8:30am-9:15am
Fitness Room

Amy -4th
Indoor Cycle
9:30am-10:15am
Fitness Room
Autumn- 4th & 18th

Zumba Turkey Burn
9:00am-10:30am
Senior Center
Pam/Marissa/ Kerri/Dee 18th

Saturday Yoga
10:30am-11:30am
Fitness Room
Pam R. - 4th & 18th
I.C.T
2nd Level
11:00am-11:30am
Eric- 4th-18th

- **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*
- **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!
- **Indoor "CYCLE"** : Hills, jumps, sprints, oh my! Take your cycling workout indoors with an intense, fun ride! Class will hold 9 participants. Join us every Wednesday at 10am this month for exciting indoor rides that will incorporate upper body exercises. Free weights will be featured along with body weight 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!
- **Cardio Strength:** Looking for ways to get your cardio & strength training in this fall! This is perfect way to experience Hi/Lo cardio routines suitable for any fitness level as well as strength training exercises that feature a variety of tools such as weighted bars, resistance bands, and hand held weights!
- **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.
- **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!
- **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.
- **Spontaneous Combustion :** For an invigorating way to burn those calories!!! This crazy fun workout combines Zumba moves, and Body Sculpting exercises sure to help you tone! If you are looking for variety in your workout, this is definitely the class for you© All fitness levels are welcome!! *Class may feature free weights/resistant bands*
- **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*
- **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.
- **Walking Class:** Looking for ways to motivate you to train in improving your walking stride? This Instructor led class is perfect for reaching those goals! This time is a wonderful opportunity to work on increasing Cardio and accrue mileage all at the same time! Participants should expect a progressive approach with implementing outdoor/indoor walking routes that will vary in location & distance around the facility. Warm-up/Stretch will take place upstairs near the track. Appropriate workout attire is required (athletic shoes/breathable clothing/water/visor or sunglasses) !
- **Zumba®:** An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It's exercise in disguise!
- **Zumba Gold:** 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.