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

november

Fitness Class Schedule Nov. 2nd- Nov. 28th

Please Note That Some Classes Are Scheduled In The Annex Section Of the Facility Formerly Known As The Senior Center

Monday

5:35am-6:35am
Tac Fit
Randy
2nd Level

7:00am-7:45am
Core & Balance
Heather
Fitness Room

NEW!
7:00am-7:45am
Walking 101-
Pam Reed –
11/9 & 11/16 ONLY
Class Meets in Downstairs Lobby
Expect Indoor & Outdoor Routines

REGISTER
8:00am- 8:45am
Z-Fusion
Joy
Fitness Room

9:05am - 9:50am
Strength & Core
Ivy
Court#1

REGISTER
10:00am-10:45am
Beginner's Cycle
June
Cycle Room

10:00am – 10:45am
Cardio Dance Combo
Tina
Court #1

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

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

4:30pm-5:10pm
Circuit Abs & Lower Body
Olivia
Fitness Room

5:00pm-6:00pm
Tac Fit
Randy - 2nd Level
NEW!
Running 101-
Pam Reed
Class Meets in Downstairs Lobby
Expect Indoor & Outdoor Routines

5:15pm-6:00pm
Strength & Core
Amy
Olivia- 11/2 & 11/9
Fitness Room

Tuesday

5:35am-6:35am
Tac Fit
Randy-No Class
2nd Level

6:00am - 6:45am
Cardio Kick & Abs
Amy
Fitness Room

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

REGISTER
8:00am-9:00am
Beginner's Cycle
June
Cycle Room

8:00am-8:45am
Strike & Strength
Jessica-Court#1
No Class 11/24

REGISTER
9:00am-9:45am
HITT-IT
CJ
Annex Building
Class Begins 11/17

9:00am-9:45am
Cardio Dance Combo
Linda D./Sharon
Fitness Room

10:00am-11:10am
Line Dancing
Roger
Annex Building
11:15am-12:15pm
Improver Line Dance
Gina –
11/10&11/17Annex Building

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

REGISTER
11:15am-12:00pm
Chair Yoga
Briggette
Fitness Room

REGISTER
12:15pm-1pm
Pop-Up Chair Aerobics
Briggette
Fitness Room

4:30pm-5:15pm
Strength & Cardio
June- No Class 11/3
Annex Building

RGISTER
5:35pm-6:30pm
Indoor Cycle-
Tina Y.
2nd Level
Cycle Room

6:10pm-7:10pm
Zumba
CJ- 3rd
Kerri – 10th & 24th
Pam- 17th
Fitness Room

Wednesday

5:35am-6:35am
Tac Fit
Randy-
No Class 11/11
2nd Level

6:00am-6:45am
Strength & Core-
Amy
Fitness Room

7:00am-7:30am
Instructor Choice
Amy –
No Class 11/11
Fitness Room

REGISTER
7:00am-7:45am
Indoor Cycle
Tina Y.
2nd Level Cycle Room
No Class 11/11

REGISTER
8:00am-8:45am
Strong By Zumba
Pam –
Fitness Room
No Class 11/11

REGISTER
9:00am-9:45am
Sculpt-N-Flow
Lisa
Annex Building
No Class 11/11

9:00am - 9:45am
Zumba
Pam
Court #1
No Class 11/11

10:05am – 10:50am
Strength & Core
Tina C.
Court #1
No Class 11/11

REGISTER
10:00am-10:45am
Indoor Cycle
June
2nd Level Cycle Room
No Class 11/11

11:00am-12:00pm
Tai Chi
Ben
Fitness Room
No Class 11/11

REGISTER
11:15am-12:00pm
Chair Aerobics
June
Court#1
No Class 11/11

5:00pm-6:00pm
Tac Fit
Randy –
No Class 11/11 & 11/25
2nd Level



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

Thursday

5:35am-6:35am
Tac Fit
Randy-No Class 11/26
2nd Level –

6:00am - 6:45am
Step & Sculpt
Amy-No Class 11/ 5 & 11/26
Fitness Room

7:00am - 7:45am
Functional Strength
June- No Class 11/26
Fitness Room

REGISTER
8:00am-8:45am
Functional Strength
June –No Class 11/26
Fitness Room

REGISTER
8:00am-8:45am
Indoor Cycle
Tina Y.- No Class 11/26
2nd Level Cycle Room

REGISTER
9:00am – 9:45am
H-Low Step
Tina C.- No Class 11/26
Annex Building

9:00am-9:45am
Cardio Dance
Sharon- No Class 11/26
Fitness Room

10:00am-11:00am
Line Dancing
Roger- No Class 11/26
Annex Building

10:05am-11:00am
Silver Sneakers Circuit
Briggette
Fitness Room
No Class 11/26

REGISTER
11:15am-12:00pm
Chair Yoga
Briggette
Fitness Room
No Class 11/26

12:15pm-1pm
Pop-Up Chair Aerobics
Briggette
Fitness Room
No Class 11/26

Equipment Orientation Class
2nd Level
Class 11/5 & 11/19 Only

5:30pm-6:30pm
Strength Training
June-
No Class 11/26
2nd Level Weight Room

5:30pm-6:30pm
Beginners Line Dancing
Roger-
No Class 11/26
Fitness Room

NEW!
6:35pm-7:30pm
Zumba
CJ - Fitness Room
No Class 11/26

Friday

5:35am-6:35am
Tac Fit
Randy-
No Class 11/27
2nd Level

7:00am-7:45am
Step& Sculpt
Autumn-
No Class 11/27
Fitness Room

REGISTER
8:05am-8:45am
Barre
Autumn
No Class 11/27
Court #1

9:05am-9:50am
Strength & Core
Heather- 11/6
Autumn- 11/13
Tina C. – 11/20
Court #1

REGISTER
10:00am – 10:50am
Cardio Dance Combo
Tina –
No Class 11/27
Fitness Room

10:05am-11:00am
Zumba-
Pam-
No Class 11/27
Annex Building

REGISTER
10:15am- 11:15am
Chair Aerobics
Barb-
No Class 11/27
Court#1

NEW!
11:00am-12:00pm
Walking 101
Pam Reed –
* No Class 11/27*
Class Meets in Downstairs Lobby Expect Indoor & Outdoor Routines

Saturday

REGISTER
8:45am-9:20am
Step & Sculpt
Amy-11/7 & 11/14



NEW!
Walking 101 Fitness Room-
Pam Reed -11/21

9:30am-10:15am
Indoor Cycle
REGISTER
Sophia- 11/6
June -11/13 & 11/20
Burn The Bird - 11/28
Cycle -9am-10:30am
Cycle Room

9:30am-10:25am
Zumba –Fitness Room
Kerri- 7th
Sharon-11/14-Cardio Dance
Joy- 11/28
* Dance Turkey Burn 11/21*
9am-10:15am -Annex Building

Intermediate/Improver Line Dance Pop-Up Class :
2:00pm-4:00pm Fitness Room
Nov. 7th & Nov. 28th Only

- **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!
- **Chair Aerobics:** This low intensity workout combines cardio, strength and flexibility, all modified to a seated position can feature standing moves. 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.
- **Core & Balance : Core & Balance** is a **low-impact, all-levels-friendly group fitness class** designed to strengthen your core muscles — not just your abs — and improve overall balance, flexibility, and stability class can feature a variety of equipment including weights, bands, & balls.
- **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**.**
- **Beginner's Cycle:** Join us every Tuesday morning at 9:05am to learn the fundamentals of indoor cycling! This is truly a beginner's class that will focus on biking techniques, safety cueing, progression, and terminology for class routines.
- **Fit & Strong:** Strength training class utilizing dumbbells and resistance bands**.**
- **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.
- **Hi/Low Step-** Hi/Lo step classes are a type of cardiovascular training that combines high and low impact aerobics exercises. The goal is to keep your heart rate up and your body moving with a mix of coordinated and choreographed moves on and off of the step . Routines can feature various pieces of equipment as well.
- **HITT- IT-** This is a tempo based metabolic training class that incorporates cardio, plyometrics,& progressive overload with dumbbell training (5-15 lbs) synced to music with short rest periods to maximize conditioning, lean muscle, & cardio training . Expect occasional floor work.
- **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! **Check out our improver class with Gina on 11/10 & 11/17perfect for those beginners who are looking for additional instruction online dance steps. Additionally, if you are in the intermediate category we are offering class sessions developed around this level on 11/7 & 11/28 with Kim sure to keep you moving & energized for some dancing fun!**
- **Running 101:** Looking for ways to motivate you to train to complete a 5k or just improve your running stride? This Instructor led class is perfect for reaching those goals! Participants should expect a couch to 5k approach implementing outdoor/indoor running routes that will vary in location around the facility. Warm-up/Stretch will be included into the routine/along with a basic assessment of fitness levels. Appropriate workout attire is required (athletic shoes/breathable clothing/water/visor or sunglasses) ! This month features beginning walking classes suitable for those who want lower impact.
- **Sculpt-N-Flow:** Sculpt and flow is a high-energy fitness class that blends traditional yoga with strength training, class may feature leg weights, dumbbells or resistance bands to build lean muscle and cardiovascular endurance.
- **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 & 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!
- **Strike and Strength:** A Strike and Strength class is a high-energy, fusion style fitness class combining **non-contact kick boxing drills** with **functional resistance conditioning**. It typically features high-intensity interval training (HIIT), striking combinations, and muscle-building movements
- **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.
- **Tac Fit** : This is a tactical training style class perfect for the First Responder or anyone looking to participate in a more advanced training program. Please note that participants are subject to fitness evaluation from instructor prior to joining the class.
- **Yoga "Chair"** Gentle yoga poses from a chair position. Great opportunity for those who want to avoid having to get down on the floor.
- **Zumba®:** An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It's exercise in disguise!
- **Zumba Fusion :** a dance fitness class that incorporates light weights, usually maraca-like Zumba Toning Sticks, to add a strength-training element to the high-energy cardio moves of traditional Zumba.It blends body-sculpting techniques with Latin and international rhythms, creating a fun and effective workout that targets arms, core, and lower body.