

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

August

Fitness Class Schedule August 3rd- August 31st

Pop-Up Class
Friday: 8:00am-8:45am
Power Kick Cardio—Court #1
8/9, 8/16, 8/23, & 8/30

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
Power Kick Cardio
Kassidi/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
Brigitte
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

6:15pm-6:55pm
Yoga Stretch
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
Brigitte
Fitness Room

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

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

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

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

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

Wednesday

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

7:00am-7:45am
Indoor Cycle
Tina Y.-
2nd 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
2nd Level Cycle Room

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

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

6:05pm-7:00pm
Zumba
Kerri
Fitness Room

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

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-
August-- Upper/Lower
Body Training
Court#1

9:00am-9:45am
Zumba
Kerri –
Court#1

9:00am – 9:45am
Step & Sculpt
Tina C.-
Fitness Room

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

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

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

4:30pm-5:15pm/
I.C.T – 2nd Level
Eric

5:30pm-6:30pm
Beginners Line
Dancing-
Roger-
Fitness Room

6:00pm-6:30pm
I.C.T – 2nd Level
Eric

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy – 2nd Level

6:45am-7:15am
Booty Blast
Morgan-
Fitness Room

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

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

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

10:00am – 10:50am
Cardio Dance Combo
Tina –
Fitness Room

10:00am-10:45am
Indoor Cycle
Autumn -
2nd level Cycle Room

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

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

Saturday

8:30am-9:15am
Cardio Kick & Abs
Fitness Room
Amy 3rd & 10th

8:30am-9:15am
Step & Sculpt
Fitness Room
Amy 17th & 24th

9:30am-10:15am
Indoor Cycle
Fitness Room
June- 10th & 17th

9:20am-10:20am
Zumba
Fitness Room
Kerri-3rd & 31st

11:00am-11:30am
I.C.T
2nd Level
Eric- 3rd- 10th-17th-24th-31st

- **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*
- **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!