

Demo Day Schedule

December 15, 2025



Please Join Us For A Fun Filled Morning Of Exciting & Motivating Fitness Classes Taught By A Variety Of Certified Instructors!
Each 25 Minute Block Will Represent A Certain Style Of Training,
Paired With Your Favorite Christmas Tunes !

Block #1

7:30am-7:55am
Strong By
Zumba

Pam
Court #1

Block #2

8:00am-8:25am
Z-Fusion
Cardio Dance

Joy /Sharon
Court #1

Block #3

8:30am-8:55am
Zumba

CJ
Court#1

Block #4

9:00am-9:25am
Fit Over 50

Tina
Court#1

Block #5

9:30am-9:55am
Zumba

Kerri
Court#1

Block #6

10:00am-10:25am
Strength & Core

Ivy
Court #1

Block #7

10:30am-10:55am
Cardio Kick

June
Court#1

Block #8

11:00am-11:25am
Cool Down Blend

Olivia
Court#1

Free For
Members
\$5 For
Non- Members

Come Work Out In Your
Christmas PJ Attire!



Jessica Stalvey, Fitness Coordinator
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Class Descriptions

Blend & Extend : This class offers concentrated moves for lengthening the body through extension of the upper-middle-lower muscle groups/stabilizers while utilizing range of motion & stretch exercises built into a graceful 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 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!

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!

Strength and Core : 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.

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***

Zumba®: An exhilarating, effective, easy-to-follow, Latin-inspired dance-fitness program that helps you burn calories fast! It's exercise in disguise!