

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



November

Fitness Class Schedule Nov. 1st- Nov.29th



Monday

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

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

8:00am- 8:45am
Z-Fusion
Joy
Court#1

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

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

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



new

4:30pm-5:10pm
Kettlebell Total Body
Olivia
Fitness Room

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

Tuesday

6:00am - 6:45am
Cardio Kick & Abs
Amy- **No Class 11/11**
Court#1

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

8:00am-8:45am
Functional Strength
June – **No Class 11/11**
Court#1

9:00am-9:45am
Beginner's Cycle
June- -
No Class 11/11
Cycle Room

9:00am-9:45am
Hi-Low Step
Jessica –
Fitness Room
No Class 11/11

9:00am-9:45am
Cardio Dance Combo
Linda D.
Court #1
No Class 11/11

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

10:05am-11:00am
Silver Sneakers Classic
Brigette-
Fitness Room
No Class 11/11

11:10am-12:00pm
Chair Yoga
Brigette –
Fitness Room
No Class 11/11

5:00pm-5:50pm
Step & Sculpt
June
Class Only 11/4
Fitness Room

5:00pm-5:50pm
Kettlebell Total Body
June
Class Only 11/18 & 11/25
Fitness Room

5:35pm-6:30pm
Indoor Cycle-
Tina Y-
No Class 11/11
2nd Level
Cycle Room-

6:10pm-7:10pm
Zumba
Pam- **11/4 & 11/18**
Fitness Room-**No Class 11/11**

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

9:00am-9:45am
Sculpt-N-Flow
Lisa –
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

6:35pm-7:05pm
Circuit Abs
Kassidi
No Class 11/26
2nd Level

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

Thursday

6:00am - 6:45am
Step & Sculpt
Amy- **No Class 11/27**
Fitness Room

7:00am - 7:45am
Functional Strength
Nick-
No Class 11/27
Fitness Room

8:00am-8:45am
Instructor Choice
June
No Class 11/27
Court#1

8:00am-8:45am
Indoor Cycle
Tina Y. –
No Class 11/27
2nd Level Cycle Room

9:00am – 9:45am
H-Low Step
Tina C.-
No Class 11/27
Fitness Room

9:00am-9:45am
Zumba
Kerri
No Class 11/27
Court#1

10:00am-11:00am
Line Dancing
Roger-
No Class 11/27
Court#1

10:05am-11:00am
Silver Sneakers
Circuit
Brigette-
Fitness Room
No Class 11/27
11:10am-12:00pm
Chair Yoga
Brigette
Fitness Room
No Class 11/27

5:30pm-6:30pm
Functional Strength
June-
No Class 11/13 & 11/27
Weight Room

5:30pm-6:30pm
Beginners Line Dancing-
Roger-
Fitness Room
No Class 11/27

6:35pm-7:30pm
Zumba
Nil
Fitness Room
No Class 11/27

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy- **No Class 11/7 & 11/28**

6:45am-7:15am
Booty Blast
Morgan- **No Class 11/28**
Fitness Room

7:15am-7:50am
Step & Sculpt
Autumn-
Fitness Room
No Class 11/28

8:00am-8:45am
Barre
Autumn
Court#1-
No Class 11/28

9:00am-9:45am
Strength & Core
Autumn/Jessica/Tina
Court #1
No Class 11/28

10:00am – 10:50am
Cardio Dance Combo
Tina –
Fitness Room –
No Class 11/28

10:00am-11:00am
Zumba-
Pam-
Court #1-
No Class 11/28

11:15am- 12:00pm
Chair Aerobics
Nadine –Court#1
No Class 11/28

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi/Olivia
1st-8th-29th

Indoor Cycle
9:30am-10:15am
Cycle Room
June- 1st-8th- 22nd

Cycle & Weights
9:30am-10:30am
June -29th

9:30am-10:25am
Zumba – Fitness Room
Joy –1st -15th -29th
Kerri – 8th

Pre- Dance Turkey Burn
9:00am-10:30am
Court#1
November 22nd
Variety of Instructors

- **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** : Come and 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 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.
- **Cycle and Weights**: This class is featured as a post "turkey burn" option where participants can expect to cycle for up to 30 min. and transition from the bikes to work with free weight exercises sure to sculpt and tone. The Cool down portion of class will be experienced at the end of the routine on the bikes to complete your hour of training.
- **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.
- **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/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.
- **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!
- **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 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!
- **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 "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.