

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

August

Fitness Class Schedule August 2nd-August 30th



Monday

6:00am-6:45am
H.I.C.T Boot Camp
Randy –
Class Only 8/4
2nd Level

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

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

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

10:00am – 11:00am
Cardio Dance Combo
Tina
Court #1

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

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



5:15pm-6:00pm
Strength & Core
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

8:00am-8:45am
Indoor Cycle-
Daniel-
No Class 8/5
2nd Level
Cycle Room-

9:00am-9:45am
Beginner's Cycle
June- -Cycle Room

9:00am-9:45am
Hi-Low Step
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
Brigette-
Fitness Room

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

4:30pm-5:10pm
Step & Sculpt
June
No Class 8/12
Fitness Room

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

6:10pm-7:10pm
Cardio Dance
Sharon: **8/5**
Fitness Room
Zumba
Kerri- **8/12 & 8/19**
Pam- **8/26**
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

4:15pm-5:15pm
Kettlebell Total Body
June
Class Begins 8/20
Fitness Room
5:30pm-6:30pm
Zumba
Nil

Class Only 8/27
Fitness Room

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

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-
Court#1

9:00am-9:45am
Zumba
Kerri
Court#1

9:00am – 9:45am
H-Low Step
Tina C-
Fitness Room

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

10:05am-11:00am
Silver Sneakers
Circuit
Brigette-
Fitness Room

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

5:30pm-6:30pm
Functional Strength
June
Weight Room

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

6:35pm-7:30pm
Zumba
Nil
Class Only 8/21 & 8/28
Fitness Room

Friday

6:00am-6:45am
H.I.C.T Boot Camp
Randy-**Class Only 8/8**

6:45am-7:15am
Booty Blast
Morgan- Fitness Room
No Class 8/15
7:15am-7:50am
Step & Sculpt
Autumn- Fitness Room

8:15am-8:50am
Cardio Kick & Abs
Jessica-
Court#1
No Class 8/15

Strength & Core
Autumn/Jessica/Tina
Court #1
No Class 8/15

9:00am-9:45am
Pop-Up Class Schedule
8/8: Intro To Hula Dance
Nadine Fitness Room
15th & 22nd Barre
Autumn Fitness Room

10:00am – 10:50am
Cardio Dance Combo
Tina –Fitness Room
No Class 8/8

10:00am-10:45am
Cycle Circuit
Autumn- **No Class8 /8**
2nd level Cycle Room
10:00am-11:00am
Zumba-
Pam- **No Class 8/15**
Court #1

11:15am- 12:00pm
Chair Aerobics
Nadine – Court#1
No Class 8/15

6:00pm-7:00pm
Zumba
Nil-
Class Only 8/22 & 8/29
Fitness Room

Saturday

Circuit Abs
8:45am-9:20am
Fitness Room
Kassidi
2^{nd, 9th -16th}

Step & Sculpt
8:30am-9:15am
Fitness Room
Amy- **23rd**

Indoor Cycle
9:30am-10:15am
Cycle Room
June- 2nd-16th-23rd
9:30am-10:30am
Zumba – Fitness Room

Joy- 2nd & 16th

Kerri-9th & 23rd

- **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.
- **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.
- **Cycle Circuit**: Cycle boot camp is a full-body workout that combines high-intensity cardio on the bike & off of the bike. The cardio and strength segments work together to provide a time-efficient workout that complements each other. Expect to utilize Cycle Room/ the indoor track/circuit work area upstairs. This class will have quick transitions and will introduce challenging exercises for those cross trainers out there!
- **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 Cardio** - (Hi/Low Cardio) - 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 routines that incorporates high and low impact moves as well as toning exercises, for a superior total body workout!
- **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!
- **Pop-Up Classes**: This month features several Pop-up opportunities including Monday evening weightlifting for teens ages 15-18 on the 2nd level. This class will require a parental to participate . Class design is intended for youth to learn the proper technique and form for weight training which includes weight bars/dumbbells/plated weights. Fridays @ 9am will include an intro to the art of Hula Dancing . This class will explore techniques and basic steps for specific hula style dances no equipment needed and class will be taught bare foot.
- **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.