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

September

Fitness Class Schedule August 31st-September 26th

*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
No Class 9/7

7:00am-7:45am
Core & Balance
Kimberly
Fitness Room
No Class 9/7 & 9/21

8:00am- 8:45am
Z-Fusion
Joy
Fitness Room
No Class 9/7

9:05am - 9:50am
Strength& Core
Ivy
Court#1
No Class 9/7

10:00am-10:45am
Beginner's Cycle
June
Cycle Room
No Class 9/7

10:00am – 10:45am
Cardio Dance Combo
Tina
Court #1
No Class 9/7

11:00am-12:00pm
Tai Chi
Ben
Fitness Room
No Class 9/7

11:15am-12:00pm
Chair Aerobics
Briggette
Court#1
No Class 9/7

FALL INTO FITNESS

4:30pm-5:10pm
Circuit Abs & Lower Body
Olivia
Fitness Room
No Class 9/7

5:00pm-6:00pm
Tac Fit
Randy - 2nd Level
No Class 9/7

5:15pm-6:00pm
Strength & Core
Amy
Olivia- 9/14
Fitness Room
No Class 9/7

Tuesday

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

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

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

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

NEW!
8:00am-8:45am
Strike & Strength
Joanne –Court#1

9:00am-9:45am
Hi-Low Step
Joanne
Annex Building

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

10:00am-11:00am
Line Dancing
Roger
Annex Building

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

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

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

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

4:30pm-5:15pm
Strength & Cardio
June- Fitness Room
Annex Building/ 9/15

6:10pm-7:10pm
Zumba
Kerri – 9/1 & 9/15
Pam- 9/8
Cardio Dance
Sharon- 9/22
Fitness Room

Wednesday

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

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

7:00am-7:30am
Instructor Choice
Amy
Fitness Room

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

8:00am-8:45am
Strong By Zumba
Pam
Fitness Room

9:00am-9:45am
Sculpt-N-Flow
Lisa
Annex Building

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

10:05am – 10:50am
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

FALL INTO FITNESS

5:00pm-6:00pm
Tac Fit
Randy
2nd Level

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

Thursday

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

6:00am - 6:45am
Step & Sculpt
Amy
Fitness Room

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

8:00am-8:45am
Functional Strength
June
Fitness Room

8:00am-8:45am
Indoor Cycle
Tina Y.
2nd Level Cycle Room

9:00am – 9:45am
H-Low Step
Tina C.
Annex Building

9:00am-9:45am
Zumba
Kerri
Fitness Room

10:00am-11:00am
Line Dancing
Roger
Annex Building

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

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

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

5:30pm-6:30pm
Strength Training
June
2nd Level Weight Room

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

6:35pm-7:30pm
Zumba
CJ - Fitness Room

Friday

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

7:00am-7:45am
Step& Sculpt
Autumn-
Annex Building

8:05am-8:45am
Barre
Autumn
Court #1

9:05am-9:50am
Strength & Core
Heather- 9/4
Autumn- 9/11 & 9/18
Tina C. – 9/25
Court #1

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

10:05am-11:00am
Zumba-
Pam
No Class 9/25
Annex Building

10:15am- 11:15am
Chair Aerobics
Barb
Court#1

NEW!
6:00pm-7:30pm
Pop-Up Class
Sept. 18th & 25th Only
Friday Night Fun W/Kim
Intermediate Line Dance
Fitness Room

Saturday

8:45am-9:20am
Circuit Abs
Fitness Room
Kassidi – 9/12
Olivia – 9/19
Fit & Strong
Kassidi – 9/26

9:30am-10:15am
Indoor Cycle
June
Cycle Room
9/12, 9/19, & 9/26

9:30am-10:25am
Zumba /Cardio Dance
Kerri –9/12 & 9/26
Joy –9/19
(Fitness Room)

Pop-Up Class :
2:00pm-4:00pm Fitness Room
Sept. 19th Only
Intermediate Line Dance

- **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.
- **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
- **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.
- **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 & Balance:** This circuit-style class combines strength and balance exercises that will help improve stability and coordination. A variety of equipment will be used in this class such as weights, BOSU balls, foam pads, and balance discs.
- **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.