



# Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Total Body Bob		Total Body Bob			
7:00 AM						Cardio Physique Sue	
8:00 AM					Zumba 8:30 AM Cheryl	B-STEP Bob	
8:30 AM	Zumba Lindsay		POUND® Lisa		Bootcamp Barb	Power Splash Becky	
9:30 AM	Cardio Circuit Barb		Total Body Sue		Total Body Nikki	Zumba in Motion 9:00 AM Robert	
9:30 AM POOL	Combo H2O Christina	Cardio H2O Carolyn	Combo H2O Christina	Cardio H2O Carolyn	Combo H2O Christina	Deep H2O Becky	
12:30 PM							Cycle Plus Becky
1:30 PM							Total Body Becky
2:30 PM							Zumba Circuit Shelia
4:30 PM POOL		PowerSplash Becky		PowerSplash Becky			
4:30 PM	Yoga Cathy	Total Body Barb	Yoga Becky	Total Body Barb			Line Dancing 4:00 PM Cynthia
5:30 PM	Total Body Bob	Zumba Robert	Cycle Plus Becky	Bootcamp Barb			
6:30 PM POOL	Cardio Splash Bailey	PowerSplash Becky	Cardio Splash Bailey	PowerSplash Becky			
6:30 PM	Core Flex Bob		Zumba Circuit Shelia	HighFitness Jillian			

All land classes are held in the gymnasium.

This schedule is temporary and subject to change at any time.

Land classes are 45 minutes long to allow time for participants to clean their equipment in between classes.

Please maintain social distancing of 6ft feet while participating in any class.

## Daily Drop-In Rate

\$5 per class

## VRC Members

Unlimited pass \$150

## 20 Class Pass

Member \$40 / Resident \$50 / Non-Resident \$70

## 50 Class Pass

Member \$75 / Resident \$100 / Non-Resident \$150

Updated September 2020

**SCHEDULE MAY CHANGE DUE TO CLASS PARTICIPATION**

## **LAND FITNESS CLASS DESCRIPTIONS**

**B-Step**– This fun class uses the step and BOSU for a total body strength and cardio workout!

**Core Flex** - Improve your core strength through a variety of core exercises and increase your flexibility through Yoga, Pilates and dynamic stretching all in one class.

**Cardio Circuit** –This power circuit workout in the gym is done in interval segments that will make your body sweat and get your muscles toned through strength exercises. Cardio will change each week to challenge your body!

**Cycle Plus** - Experience an intense ride on the bike for half the class then the instructor will switch it up by adding strength, core and flexibility movements targeted to strengthen and challenge your entire body.

**Cardio Physique** – This advanced class exercises several muscle groups together as you squat, lunge, and lift while challenging balance and control. Feel your entire body transform!

**Total Body**– Improve overall muscular strength and cardio through various exercises using a multitude of equipment and

**Yoga**– **Bring your Yoga mat!** Yoga uses postures to enhance flexibility. Yoga can reduce stress, provide mental relaxation, and

**Zumba®**- Join the party with this upbeat aerobic class put to modern Latin and non-Latin music. Zumba Circuit is an interval style class that uses Zumba routines and weight training exercises. Zumba in Motion combines cardio and weight intervals set to

**POUND®** - A cardio jam session inspired by the energizing fun of playing the drums! You won't just listen to incredible music—you'll become the music in this exhilarating, full-body workout that combines conditioning and strength training. This can

**Bootcamp** - A class full of challenging body weight exercises, cardio drills and strength training! Be prepared for a fun and intense workout that keeps you guessing each week!

**HighFitness** - Old School Aerobics meets modern day HIIT Training. A sweaty blast. Nostalgic and fun music from all decades and genres that will motivate you to the max. Simple and easy to follow choreography. Interval training moves: tuck jumps, burpees, jump squats. Take it HIGH or take it low! Modifications shown throughout entire class to accommodate ALL fitness

**Line Dancing** - R&B Line Dancing is a choreographed dance with synchronized steps repeated throughout the song. The steps are broken down in an easy to follow pattern. Participants are not in physical contact with each other and don't need partners--you dance alone, side by side. This class focuses on Rhythm and Blues, Hip Hop and Old School music.

## **WATER FITNESS CLASS DESCRIPTIONS - NO SWIMMING SKILLS REQUIRED**

**Combo H2O** – This class will provide a complete cardiovascular workout, as well as provide stretching, strength training, and

**Cardio Splash** – Use the resistance of the water to improve cardiovascular fitness, endurance and strength. Depending on your level you can choose to either be in the deep area or shallow area of the pool during class.

**Power Splash** – This class will help you step it up a notch with cardiovascular drills, strength training moves, and more! If you are looking for a fun water workout, this is a great class to add to your routine!

**Cardio H2O** – This class will help you reach your fitness goals through routines that challenge the cardiovascular system and