

Group Fitness Schedule-January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycle (B)-Mariah TRX (C)-Shae Aqua Aerobics-Mary S		Cycle (B)-Christina Aqua Aerobics-Mary S	TRX (C)-Geliza	Cycle (B)-Karen Aqua Aerobics-Theresa	
6:00 AM		Pilates (30min) (A)-Alissa				
6:35 AM		Tabata Cycle (30 min) (B)-Alissa	Fusion Basics-TRX & Foam Roller (C) -Alissa	Kettlebells (MAC)- Alissa		
8:00 AM	Aqua Aerobics-Cheryl		Aqua Aerobics-Cheryl		Aqua Aerobics-Sherry	Kettlebells (MAC)- Rotating
8:30 AM	Zumba (A) -Geliza	Fit Pump (C) -Sharon		Cardio Sculpt (C)-Sharon	Strengthen & Stretch (A)- Tina	Cycle (B)-Rotating
8:45 AM	Kettlebells (MAC)- Kelli	Cycle (B)-Amanda	Bootcamp (C)- Krystal		Cycle 360 (B)-Amanda/Kelli	
9:00 AM			Senior Splash- Sherry Body Basics (A)-Jo Marie			Zumba (C)-Leslie
9:15 AM			Kids Fit (MAC)-Sharon			
9:30 AM	Aqua Strength- Carolyn					
10:00 AM	Silver Sneakers Cardio Circuit (A)-Sharon Mommy & Me (C)- Krystal	Silver Sneakers Classic (A)- Jo Marie	Foam Roller(A)-Jo Marie	Mommy & Me (C)- Krystal Silver Sneakers Yoga (A)-Sharon	Silver Sneakers Classic (A)-Natalie	TRX (C)-Rotating
12:10 PM	Cycle (B)-Shannon	Yoga (A)-Shae	Cycle (B)-Whitney	Yoga (A)-Shae		
4:30 PM	Cycle (B)- Lisa		Yoga (A)-Geliza			
5:30 PM	Bootcamp (C)-Nicki Kettlebells (MAC)-Whitney	TRX (C)-Natalie/Krystal Aqua Aerobics- Mary R	Bootcamp (C)-Geliza Kettlebells (MAC)- Jermaine	Total Body (C)-Natalie		
6:00 PM		Cycle (B)-Lisa/Karen	Pilates (A)-Karen	Cycle 360 (B)-Lisa Yoga (A)-Jane		Studios: Studio A (A)-Upper Level Studio B (B)-Upper Level Studio C (C)-Lower Level Mac Gym (MAC)-Lower Level
6:30 PM	Zumba (C)-Arweena	Zumba (C)-Joy	Zumba (C)-Leslie	Zumba (C)-Angela		

For Mommy & Me classes, multiple children will be allowed with the parent/caregiver. Please be diligent in monitoring your children.

To stay updated on class cancellations or changes, text wrccgfit to 84483 and get instant notifications to your mobile phone.

All water aerobics classes listed in blue will be held in the leisure pool, unless otherwise noted.

A full schedule is also available online at westrivercommunitycenter.com

Group Fitness classes are for ages 14 and up (unless otherwise noted). Ages 12-13 are welcome, but must be accompanied by an adult.

Aqua Aerobics (45-60 minutes) Aqua Aerobics takes place in the shallow area of the leisure pool and offers a low-impact workout that is easy on the joints. Weights, barbells, and noodles are used in combination with other exercises to increase the heart rate. All workouts are low-moderate intensity. *No swimming experience required-Beginning to Intermediate

Aqua Strength (45-60 minutes) Aqua Strength kicks up the intensity of normal Aqua Aerobics! Expect to get your heart rate up and your body moving in this moderate to high intensity class. *No swimming experience required-All Levels

Body Basics (60minutes) Learn to use weights, bands and balls while elevating your heart rate. You will get a great, intense workout while reducing impact on the joints. This class is perfect for the beginners to those who would like a challenge!-All Levels

Boot Camp (45-60 minutes) Boot Camp is patterned after military style drills to work the whole body. Various equipment is used to get the heart rate up and tone the muscles. -Intermediate- Advanced

Cardio Sculpt (60 minutes) A total body workout including cardiovascular exercises and muscle sculpting exercises using various equipment. This will involve exercises and stretches to strengthen the muscles of the core, arms, legs, & other areas of the body.-All Levels

Circuit Strength (30-45 minutes) This class focuses on getting the most out of your strength based workout. Get ready to use your strength and tone your body.-All Levels

Cycle (45-60minutes) Indoor Cycling is a high-intensity exercise that involves using a stationary exercise bicycle in a classroom setting. The instructor leads participants through periods of simulated climbs, sprints, and other outdoor simulations. Enjoy this fun, high energy class!-All Levels

Cycle 360(45-60 minutes) Cycle 360 incorporates all aspects of cycling, but with a twist! The class is divided into intervals of cardio training on the bike; resistance training for the upper and lower body, and of course, core work. Definitely a full body workout.-All Levels

Fit Pump (60 minutes) A strength training workout that challenges all major muscle groups using dumbbell weights and weighted bars.-All Levels

Foam Roller Massage (30-45 minutes) Foam Roller Massage is a low intensity class that uses foam rollers to roll out various muscle groups. By using a foam roller on the muscles, fluid to those muscles is increased, creating better circulation. In many cases, tension and tightness in the muscles is decreased.-All Levels

Fusion Basics (40-50 minutes) Fusion Basics classes are geared towards creating a fun, low impact workout that raises the heart rate, maintains strength, & increases flexibility. These classes focus on technique and form while using different equipment (dumbbells, spinning bikes, TRX Suspension Trainers, etc.). Perfect for the beginner to the older populations!-All Levels

Kettle Bells (45-60minutes) Kettle Bells were originally developed in Russia and have become popular in the United States in the past 20 years. Using specific kettle bell weights, participants receive a strength training and cardiovascular workout. -Intermediate- Advanced

Kids Fit: (45 minutes) Kids ages 3 to 5 will learn about their muscle groups while doing fun activities such as marching in place to warm up, leaping like a frog, stomping like a rabbit, practicing monkey arms, and other fun activities. *Parents must accompany their child to the program and be present during class. No street shoes allowed. This includes no sandals, flip flops, or boots.

Mommy & Me (45 minutes) - Mommy & Me is a class for moms, dads, and caregivers to move their bodies and bond with their little ones ages 6 weeks & up. Workouts are created to support postpartum healing. Baby wearing is allowed. -All Levels

Pilates (30-60 minutes) Pilates is a low impact strengthening workout that focuses on the stretching and lengthening of the muscles. It incorporates core stability, while also teaching body awareness, good posture, and proper breathing. Pilates can also work to improve flexibility, agility, & range of motion.-All Levels

Silver Sneakers Cardio Circuit (45-60minutes) Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class. -Beginner- Intermediate

Silver Sneakers Classic (45-60 minutes) Have fun and move to the music through a variety of exercises designed to increase muscle 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 used for seated exercises and standing support. This class can be adapted by the participant depending on their fitness level and abilities.-Beginner- Intermediate

Silver Sneakers Yoga (45-60minutes) Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.-All Levels

Senior Splash (45-60 minutes) A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.-All Levels

Strengthen & Stretch (45-60 minutes) This class focuses on using the strength of the whole body while maintaining a relaxing, stretching atmosphere. Strengthen & Stretch incorporates elements of yoga and Pilates.-All Levels

Total Body (45-60 Minutes) Total Body is just like it sounds- a total body workout! The class is broken into segments of cardio, lower body strength training, upper body strength training, and core exercises. This class is sure to raise the heart rate and build muscle.-All Levels

TRX (45-60minutes) The TRX Suspension Trainers offer the ultimate full body workout. You control the intensity and the resistance of each exercise. The class incorporates cardio & strength training. All Levels

Yoga (45-60 minutes) Yoga is perfect for anyone, at any age, and for any body type. Yoga offers low impact stretching sequences that work to increase flexibility of the muscles. The breath is utilized to clear the mind and relax the body. Instruction is given on how to make the pose work best for you.-All Levels

Sunrise Yoga (45 minutes) Start the day out right with Sunrise Yoga! The yoga sequences are meant to energize the body and get you ready for a new day. This class is held outside in the summer (weather permitting) and in Studio A in the winter.-All Levels

Zumba (45-60 Minutes) Zumba originated in Brazil and has become a huge hit worldwide. The classes use Latin and International music to create sequences that are easy to follow and fun to do. This is the ultimate dance party (you will hardly notice you are working out)!-All Levels