



Washington City
Where Dixie Begins
Community Center

Fall 2019 Group Exercise Schedule
September 2,- December 31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	High Fitness <i>Emili</i> Kettlebells <i>Andrea (Gym)</i>	SPINNING <i>Brittney</i> Flex <i>Meagan</i> Adult Swim <i>Heath (6:00)</i>	TRX Strength <i>Brittney (Gym)</i> High Fitness <i>Madi</i>	Cycle & Strength <i>Brittney</i> Power X <i>Meagan</i> Adult Swim <i>Heath (6:00)</i>	Power X-press <i>Lindsey</i> SPINNING <i>Anni</i>	
7:00am	Aqua Cardio <i>Caitlyn</i>	Senior Fit <i>Brittney</i>	Aqua Cardio <i>Caitlyn</i>	Senior Fit <i>Brittney</i>	Aqua Cardio <i>Caitlyn</i>	High Fitness <i>Madi</i>
8:00 am	Zumba Up <i>Patti</i>		Zumba Up <i>Patti</i>			Cycle Bootcamp <i>Cherie/Kara</i>
9:15am	SPINNING <i>Jena</i> Power X <i>Reagan</i>	FLEX <i>Katie</i> SHRED <i>Chelise</i>	SPINNING <i>Lisa</i> TRX <i>Brittney (Gym)</i> Yoga Stretch <i>Lilac</i>	Power X <i>Reagan</i> Kettlebells <i>Andrea (Gym)</i>	SPINNING <i>Monica</i> High Fitness <i>Emili</i>	FLEX <i>Monica</i>
10:30am	YOGA <i>Brittney</i>	YOGA <i>Lilac</i>	Pilates Tone <i>Pam</i>	YOGA <i>Lilac</i>	Core Foundation <i>Monica</i>	
11:00/11:30 am	Senior Fit <i>Patti (11:30)</i>	Aqua <i>Patti (11:00)</i>	Senior Fit <i>Kara (11:30)</i>	Aqua <i>Kara (11:00)</i>		
12:30pm		Perfect Posture <i>Dr. Andersen</i>		Perfect Posture <i>Dr. Andersen</i>		
5:30pm	FLEX <i>Sarah</i>	Shred <i>Sarah</i>	FLEX <i>DeAnna</i>	HIIT <i>DeAnna</i>		
6:30pm	Spinning <i>Kara</i>		HIIT <i>Cherie</i>			
8:30pm		Zumba <i>Pam</i>		Dance Fitness <i>Sarah</i>		

For previous exercise schedule: [Click Here \(Winter/Spring 2018 Jan 2 - May 28\)](#)

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SPINNING classes are held in the Spinning Studio upstairs on the Fitness Level just off the indoor track on the Southeast side of the building. All other classes, unless specifically noted, are held in the Aerobics Room.

Daycare available. See front desk for Daycare costs and schedule.

Class Descriptions:

SPINNING®: Greatest cardiovascular workout on the planet! Follow your instructor on a journey through challenging hills and speed-soaked valleys all while you spin your legs to the beat of the music. Excellent for beginning to advanced exercisers. If new to the class, please plan on being 10 minutes early and ask your instructor for set-up and orientation. Beginner is perfect for those new to SPINNING or those not quite ready for a regular class. You'll learn the basics in a slower paced, full-length class. Don't be afraid.....Come check it out!

POWER X: Get in shape and do it quickly! This high-energy workout uses a variety of formats and equipment that not only keeps you moving, but keeps your muscles guessing. There are no plateaus in this workout. If you need variety and challenge, this is the class for you!

FLEX: It's name says it all! This straight-up strength training class has one goal in mind.....To make you strong! Instructors will take you through strength training movements specifically designed to be safe and effective. Get off the weight bench and see the results!

YOGA: A balanced total body/mind workout. Stretching, strengthening, meditating, and releasing your muscles.....Easing away your tension. New energy flushes through you, soothing chronic pain, strengthening weak areas, nourishing and revitalizing. Come feel energized and relaxed.....All in one class. Mats provided.

SHRED: Alternate an intense spinning routine with running to keep your body guessing. Top it off with a core workout before cooling down with a nice stretch. Add this to your weekly schedule of workouts and you will not be disappointed.

HIIT: This high intensity interval training (HIIT) class has it all! Both male and female clients will love this mix of strength and cardio conditioning intervals combined together for a one-of-a-kind challenge. Every class presents a unique workout designed to give you results. Easily modified for beginner to advanced athletes.

METABOLIC WORKOUT: Using hybrid exercises, participants work out in a circuit fashion and work hard creating a muscle building workout that BURNS FAT! First, a great warm up. Next, a 20 minute intense metabolic workout, and finally, a good abs workout followed by cool down. This class provides a way to continue burning fat throughout the day. Not a complicated workout, but a very effective workout!

AQUA CARDIO: Keeping your heart rate in the aerobic zone, this cardiovascular based class is a great way to get your heart rate up, and burn some calories. You will move through the water, and with that constant resistance, you will definitely blast those calories.

SENIOR FIT: This fun class is for all ages that are just starting out exercising and need

more of a beginning format or for those that are young at heart and want something tailored for you. This non impact class is always changing, incorporating dance, flexibility, strength, and stretching. Keeping it fun will make you want to come back again!

TRX: TRX Suspension Training is an original workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance.

KETTLEBELLS: Come learn proper technique for one of the best full-body workouts out there! We will learn and master the Russian-style swing, clean, military press, goblet squat, snatch, and get-up. This class is for everyone. It's low impact and high intensity and can burn up to 100 calories in 5 minutes!

ZUMBA: Zumba involves **dance** and **aerobic** movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

CORE FOUNDATION: This class focuses on strengthening the core with a variety of exercise methods. Our instructor has many years of experience, and she provides helpful tips and education during each class.

HIGH FITNESS: High Fitness transforms old school aerobics into a new fitness experience that combines simple, modern fitness with the music you know and love. The formula alternates between cardio peaks and toning tracks that keep your heart rate climbing and push your strength to the next level.

ADULT SWIM: This group is for all skill levels from beginner to elite, and will cater to the specific needs of each participant from those wishing to train for triathlons to those wishing to swim all competitive strokes and compete in competition - or to just improve your overall swimming skills.

PILATES: Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. Pilates concentrates on posture, balance and flexibility.

YOGA FUSION: This class combines Yoga and Pilates practices focusing on building mind and body strength, flexibility, grace, power, and balance through synchronized movements, breath, and mindfulness. All levels welcome, modifications will be suggested.