

# FWC Group Fitness Schedule 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:15am		Spin Class w/ Robin			Spin Class w/ Robin	
9:00-9:45am	XFIT w/Lisa		XFIT w/Lisa			
9:00-10:00am	Dance Fitness w/Jenny & Kristen			Dance Fitness w/Jenny & Kristen		
	Silver Sneakers w/Doris		Silver Sneakers w/ Doris		Silver Sneakers w/ Doris	PiYo w/Jessica 1 <sup>st</sup> Sat of month
	Aquacise w/Bonnie		Aquacise w/Bonnie	Aquacise w/Bonnie		ZUMBA w/Jenny 3 <sup>rd</sup> Sat of month
9:30-10:30am		Cardio & Tone w/Robin				
10:00-11:00am						
1:00-5:00pm						
5:00-6:00pm			PiYo w/Jessica			
5:00-5:30pm				Spin class w/Kim 5:00-5:30pm		
5:30 - 6:30pm				Spin class w/Kim 5:30-6:30pm		
	ZUMBA w/ Tracey	Spin Class w/ Kim		ZUMBA w/ Tracey		
	CHISELED w/ Kim Baxley			PiYo w/Jessica		

**RPE Scale-** "Rate of Perceived Exertion" Scale of 1-10 1= Very Easy 10= Extremely Hard

\*Be sure you are well hydrated before, during, and several days after doing any physical activity! Know your body and choose a class accordingly!

**INCLEMENT WEATHER POLICY-** If Ohio County Schools are cancelled due to weather, there will be NO Group exercise classes that day.

**Aquacise** - Make a splash with water aerobics! Each class covers the essentials of cardio exercise, resistance, and flexibility all while in a water environment. No swimming experience is needed. **RPE-3**

**Burn** – You will enjoy this fat burning cardiovascular workout that builds strength/stamina. This high-energy interval training class combines athletic aerobic movements with strength & stabilization exercises that work every major muscle in your body. If your heart and lungs need a good work out, this is the class for you. **RPE-9**

**Cardio & Tone**-Want to get a full body workout in? Then this is the class for you! Can involve upper and/or lower body work during the sculpting portion of the class using various equipment. **RPE-8**

**Chiseled** - Cardio intervals, strength training, plyometric & body weight training are combined in this high-energy, calorie-burning, total-body workout. Be prepared to sweat. **RPE-9**

**Dance Fitness**- It's **EASY** aerobic fun! You will sweat, burn calories and shape up in a unique way. Dance your way into fitness!! **RPE-7**

**PiYo**- a blend of Pilates and Yoga! The Pilates part strengthens and tones the body, while the Yoga part promotes mindfulness and relaxation. **RPE-8**

**SilverSneakers® Muscular Strength & Range of Movement** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **RPE-3**

**SilverSneakers® Yoga**- 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. This class is suitable for nearly every fitness levels. **RPE-3**

**Spin**- Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. Come find the inspiration you've been looking for to help you achieve your personal goals! **RPE-8**

**XFIT**- A full body, high intensity, interval training class! **RPE-8**

**Zumba®** - The latest Latin and International dance fitness craze. It's **EASY** aerobic fun! You will sweat, burn calories and shape up in a unique way. Featuring interval training with a combination of fast and slow rhythms, you will tone and sculpt. **RPE-7**