


# Group Exercise

## December | 2023

*Merry Christmas*

MOVE MORE. LIVE BETTER.

### Holiday Hours & Festivus Fitness

 We are thrilled to offer a Festivus Fitness class lineup on Saturday, December 23!

7:45 am Grind with Erika  
 8:45 am Aqua Zumba with Dena  
 9:00 am Cycle with Amanda  
 10:15 am Zumba with Dena

The HFC will be open regular business hours on Saturday, December 23. The Play Center will open early at 7:30 am and close at 12:00 pm as usual.





The HFC will be closed on Sunday, December 24 and Monday, December 25 in observance of the Christmas holiday.

On Tuesday, December 26, we will offer our regularly scheduled class lineup beginning with 8:45 am 360 Strength with Audrey.


On Sunday, December 31, we will close at 4:00 pm. The Play Center will be closed, and we will not offer Family Swim/Recreation.

The HFC will be closed New Year's Day, but we can't wait to be a part of your health & wellness in 2024!

### KEY

-  NEW INSTRUCTOR
-  NEW CLASS
-  NEW DAY/TIME
-  NEW TIME



### MONDAY

5:10 am	Cycle with Karl	45 min	
5:10 am	360 Strength with Rebecca	45 min	
6:15 am	Barre with Cathy	45 min	
8:30 am	Core with Rebecca	25 min	
9:00 am	Cycle with Kristen	45 min	
9:05 am	Step with Rebecca	45 min	
10:00 am	Fine Tuning with Audrey	45 min	
11:00 am	Silver Strong with Audrey	45 min	
12:00 pm	The GRIND with Erika	45 min	
4:30 pm	Power Zone with Lori	35 min	
5:15 pm	Cycle with Lori	45 min	
6:45 pm	Zumba® with Amy	45 min	

### TUESDAY

5:10 am	The GRIND with Erika	45 min	
6:05 am	Yoga with Rebecca	45 min	
8:45 am	360 Strength with Audrey/Rebecca	60 min	
4:30 pm	Pilates with Elizabeth	45 min	
5:45 pm	High Fitness with Dena	45 min	
6:45 pm	Zumba® with Caitlyn	45 min	

### WEDNESDAY

5:10 am	Cycle with Karl	45 min	
5:10 am	HIIT + Stretch with Rebecca	45 min	
6:15 am	Barre with Cathy	45 min	
8:30 am	HIIT the Floor! with Rebecca	30 min	
9:00 am	Bike then Barre with Kimberly	50 min	
9:05 am	Step Strength with Kristen/Emily	45 min	
10:00 am	Mindful Pilates with Audrey	45 min	
11:00 am	Silver Strong with Audrey	45 min	
12:00 pm	Fine Tuning with Audrey	45 min	
4:30 pm	Power Push with Audrey	30 min	
5:10 pm	Yoga with Dena	45 min	
6:05 pm	Barre Strength Express	30 min	



### THURSDAY

5:10 am	360 Strength with Megan	45 min	
8:45 am	360 Strength with Emily	60 min	
4:30 pm	Pilates with Elizabeth	45 min	
5:30 pm	Cycle with Kristen	45 min	
5:45 pm	Zumba® with Dena	45 min	

### FRIDAY

5:10 am	Cycle with Megan	45 min	
5:10 am	Conditioning & Strength with Cathy	45 min	
8:30 am	Core with Rebecca	30 min	
9:05 am	Power Push with Rebecca	30 min	
9:00 am	Cycle + Top it Off with Amanda	60 min	
10:00 am	Unwind with Rebecca	45 min	
11:00 am	Silver Strong with Kristen	45 min	
12:00 pm	The GRIND with Erika	45 min	

### SATURDAY

8:15 am	Cycle with staff	45 min	
	Rebecca   Karl   Kristen    Festivus   Megan		
9:15 am	360 Strength with staff	60 min	
	Rebecca   Emily   Cathy    Festivus   Cathy		
10:30 am	Zumba® with Amy/Dena	45 min	

### SUNDAY | POP-UPS

December 3 & 17 | 2:00 pm  
 Mind-Body Yoga with Lori

December 10 | 2:00 pm  
 High Fitness Christmas with Dena

# Conway Regional Health & Fitness Center

## Group Exercise Schedule | Class Descriptions

**Core** | 25 minutes of core work (abdominals, low back and high glute strengthening moves.)

**360 Strength** | Challenge your entire body in this effective, safe & comprehensive strength workout. Dumbbells, bodyweight & more will be used to move your body in all planes of fitness. Get ready to become stronger & test your limits with strength, cardio bursts and core work!

**Barre** | This format offers a mixture of Pilates, yoga, and strength training, but also has elements of ballet, high-intensity interval training, and mobility work.

**Barre Strength Express** | This express class will focus on low-impact strength training, with Barre influence.

**Bike then Barre** | Experience a 40-minute challenging ride, followed by a 10-minute Barre finisher series for your lower body using the bike as your barre!

**Conditioning & Strength** | Look forward to conditioning and sculpting your whole body in this energizing and fun class based on movement! Three circuits designed to raise your heart rate and strengthen your muscles. Weights, bands, gliders, steps, and the like—the class never gets boring!

**Cycle** | Come ready to climb, sprint, and train to incredible music – all while on stationary bike!

**Fine Tuning** | Fine-tune every muscle group in your body with endurance-based strength work using body weight, light weights, gliding discs and versa loops! You will leave this class fully fine-tuned and feeling good! Geared towards intermediate to advanced fitness levels.

**HIGH Fitness** | Choreographed interval training with intense cardio peaks and toning tracks pushes your heart rate and greatly improves your strength. Come jam out to songs you know and love, while taking your overall fitness to the next level!

**HIIT the Floor!** | This format offers high intensity interval training to challenge your strength, speed, power and agility! Be ready to hit the floor and push yourself to the max! \*HIIT + Stretch offers an additional 15-minute stretch at the end of class.

**Pilates & Mindful Pilates** | Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

**Power Push** | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort.

**Power Zone** | This circuit-style class provides a full body workout by focusing on power, cardio, and strength. Challenge yourself in each zone to be stronger and work harder! Get in the zone!

**Silver Strong** | 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.

**Step** | Step is a great cardio option that tones your glutes and legs while building stamina & endurance! This energizing workout uses a step and risers.

**The Grind** | Anything goes in this class geared for intermediate to advanced fitness levels.

**Unwind Yoga** | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels.

**Yoga** | Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

**Zumba®** | Let's dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

- All cycle classes will be held in the spin studio on level 1
- The GRIND will be held on the multifunctional area on level 1
- All other classes will be held in the group exercise studio on level 1
- Kids age 11-13 may attend classes with parent