



RICHARD E. WORKMAN
Sports & Wellness
Complex

January Group Exercise Schedule

January 6th – February 1st

FREE for Members
\$10 for Non-Members

Monday
Barbell Strength 5:15-6:00am / Michelle
Cycle Strength ② 5:15-6:15am / Diane
Total Body Sculpt 8:00-9:00am / Carrie
AquaFit Combo 8:00-9:00am/ Bonnie
Cycle Pilates Fusion ② 8:30-9:30am / Theresa
Aqua Fitness 9:00am-10:00am / Annette
Sensational Seniors (SS) 9:15-10:00am/ Carrie
Tread & Sculpt Express NEW! 12:15-12:45pm / Stacy ②
Dance Fit 5:15-6:00pm / Kari
Pilates Yoga Fusion 6:15-7:00pm / Theresa

Tuesday
T.B.C 5:05-6:00am / Emily
Cycle Strength ② 5:15-6:15am / Diane
Barbell Bands & Barre 8:00-8:50am / Tara
Stretch & Flow Yoga 9:00-10:00am / Theresa
Aqua Tai Chi 9:00-10:00am / Bonnie
Aqua Low Impact 10:00-11:00am / Betty
Butts N' Guts Express 12:15-12:45pm / Stacy
Strength Circuit NEW! 5:15-6:00pm / Carrie
Cycle 60 ② 5:30-6:30pm / Rob

Wednesday
Triple 20 ② 5:15-6:15am / Emily
HighFitness 8:00-9:00am / Carrie
AquaFit Combo 8:00-9:00am/ Bonnie
Cycle 45 ② 8:30-9:15am / Theresa
Aqua Fitness/Stretch 9:00am-10:00am / Annette
Stretch & Strength (SS) 9:15-10:00am Theresa
Cycle 30 NEW! ② 12:15-12:45pm / Rob
Barre Basics 5:15-6:00pm Carrie
Aqua Stix 5:30-6:00pm / Kelly S.
Aqua Zumba 6:00-6:45pm / Kelly S.

Thursday
T.B.C 5:05-6:00am / Emily
Cycle Strength ② 5:15-6:15am / Diane
Total Body Sculpt 8:00-8:50am / Tara
Aqua Tai Chi 9:00-10:00am / Bonnie
Drums Alive® 9:15-10:00am / Julie K.
Total Body Sculpt 5:30-6:15pm / Michelle
Cycle 60 5:30-6:30pm / Rob
Pilates Yoga Fusion ② 6:15-7:00pm / Michelle

Friday
Barbell Strength 5:15-6:00am / Michelle
AquaFit Combo 8:00-9:00am/ Bonnie
Pilates Yoga Fusion 8:00-9:00am / Theresa
Cycle 30 ② 8:30-9:00am / Stacy
Cardio Strength 9:15-10:00am / Stacy
Pilates Express NEW! ② 12:15-12:45pm / Theresa
Aqua Fitness 9:00am-10:00am / Annette

Monthly Announcements

- Lunchtime Express classes now starting at 12:15
- We have three new members joining our Personal Training team. Welcome Angie Brown, Holly Sigrist and Devin Magee!
- Welcome Erin Goldstein to our Group Fitness Team. We are excited to add Erin's yoga experience to our team!



[FACEBOOK.com/WorkmanSportsComplex](https://www.facebook.com/WorkmanSportsComplex)



Download the **MindBody Fitness App** to stay in the loop on class updates

Saturday

Cardio Strength 8:00-9:00am / Stacy
Aqua Stix 9:00-9:30am / Kelly S.
Aqua Zumba 9:30-10:15am / Kelly S.

Sunday

Flow Yoga NEW! 2:00-3:00pm / Erin
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Aqua Class
New Format NEW!
② = Studio 2
(SS) = Senior Specific
Please note: All classes are held in Studio 1, unless stated otherwise. Classes are subject to change due to participation at any time.

Questions? Contact Fitness Coordinator, Stacy Stanford at ssanford@workmansportscomplex.com

GROUP FITNESS CLASS DESCRIPTIONS

Land Classes = Senior Specific

Barbell Bands & Barre: From strengthening the largest muscles groups to finishing the class with toning the smaller muscles of the core, thighs, and butt this class will target and tone all of the muscles of the body for a full body lower impact workout.

Barbell Strength: This class will help shape, tone and strengthen your entire body! We will use barbells and/or dumbbells to achieve strength and introduce lean body muscle conditioning.

Butts N' Guts Express: A resistance workout that focuses on core strength and lower body development for greater definition and improved performance. Something to get you in and out on your lunch break but not enough to break a sweat!

Cardio Strength: A mix of cardio and weights. You can make it high impact or low impact. This class is for everyone!

Core Yoga Flow: This class takes you through an active style of Yoga that includes sun salutations for heat building, various strength building and balancing poses as well as a series of body weight and abdominal exercises to strengthen, lengthen and create flexibility. This is a GREAT format to start on a Monday!

Cycle 30/45/60: This class is a great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills and exercises. All levels welcome. Class time varies from 30, 45 or 60 minutes.

Cycle Pilates Fusion: This hour long class will start with an intense 30 minute ride and transition into a 30 minutes pilates workout with a focus on the "core muscles," your abdominals and back, since these muscles are the foundation of the body's stabilization and strength.

Cycle Strength: A perfect blend of cycle and weights. All levels welcome! You will always have the option to forgo the weights and stay on the bike if you'd like.


Dance Fit: A choreographed dance fitness for all fitness levels. Get ready to have fun and burn calories with this high energy cardio workout that will get your sweaty in style.

Drums Alive@: is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression.


HighFitness: Transforming old school aerobics into a highly addictive new fitness experience, this class combines simple, modern fitness techniques with muscle you know and love. The class format alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level!

Pilates Express: Each class will work to balance all muscle groups strength and flexibility, with an emphasis on challenging the core muscles with each movement in just 30 minutes! Something to get you in and out on your lunch break but not enough to break a sweat!

Pilates Yoga Fusion: Get the best of both Yoga and Pilates in this class that focuses both disciplines to help you improve your abs, back and other core muscle groups while increasing your overall strength and flexibility.

 **Sensational Seniors:** This class is a great opportunity for our senior community to engage in fitness and health. With gentle movements to build strength, balance and increase mobility. This class will be the highlight of your day!

Strength Circuit: Full body strength moves using the TRX bands, weights and other body weight exercises. A combination of strength and cardiovascular exercises rolled into a 45 minute class.

 **Stretch & Flow Yoga:** A traditional yoga class that incorporates a full practice and teaches you to listen to your body at every moment. Learn to live in the present moment and listen to your body while feeling at peace with yourself and your surroundings. This is a great practice for all skill levels, with options to modify each pose or advance each pose.

Stretch & Strength: This class is geared towards seniors and uses forms of Pilates for strength and stretching.

Total Body Sculpt: Get sweaty with a fun, fast paced full body workout! You will use different props such as bands, weights, balls and more to work your body from every angle. This class uses a mix of different moves with larger muscle moves and plyometrics to keep your body guessing! You will move to the music and work hard but leave feeling stronger and longer.

Triple 20 (Cycle/Treadz/Weights): Mix it up with this 60 minute, full body workout. 20 minutes on the bike, 20 minutes on the treadmills followed up 20 minutes of upper body and core

T.B.C. (Total Body Conditioning): Muscle Strength and endurance training to tone and shape your body, using a variety of equipment including steps, weights, bands and balls. All levels welcome!

Tread & Strength Express: A mix between treadmill intervals and strength moves. Will strengthen your full body, including your heart in just 30 minutes.

Yoga Flow: Practice tying mindful breath to movement in a flowing practice, building upper body and core strength as well as focus and flexibility. Modifications for all levels available.

Aqua Classes

AquaFit Combo: This workout includes all the components of fitness (cardiovascular, muscle conditioning, flexibility, balance) topped off with abdominal work.

Aqua Fitness: This is a dynamic workout that focuses on muscle and strength endurance. The last half of class includes pilates and yoga movements.

Aqua Low Impact: This class is suited to those who have knee, hip and joint issues. Includes designed exercises that improve joint flexibility and mobility.

Aqua Tai Chi: Utilizes both Yang, Sun and Qi Gong styles. It is a continuous movement coordinated with abdominal breathing and mental focus to build overall muscle strength, improve posture, increase flexibility and improve bone density.

Aqua Stix: A 1/4 lb per stick the Ripstix are perfectly designed to maximize your arm workout utilizing the water resistance. This heart-pumping moves and upbeat tunes keep the this class feeling fresh.

Aqua Zumba: Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during Aqua Zumba. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.