



RICHARD E. WORKMAN
Sports & Wellness
Complex

March Group Exercise Schedule

March 1st—March 31st

FREE for Members
\$10 for Non-Members

Monday	Tuesday	Wednesday	Thursday	Friday
Barbell Strength 5:15-6:00am / Michelle	Total Body Sculpt 5:15-6:00am / Mandy	Treadz 5:15-6:00am / Kelly	Total Body Sculpt 5:15-6:00am / Mandy	Barbell Strength 5:15-6:00am / Michelle
Treadz 8:15-9:00am / Leah	Cycle Strength ② 5:15-6:15am / Diane	Aqua Cardio Sculpt 8:00-9:00am / Holly	Cycle Strength ② 5:15-6:15am / Diane	Aqua Fit Combo 8:00-9:00am / Bonnie
Aqua Fit 8:00-9:00am / Holly	Pilates Yoga Fusion 8:15-9:00am / Theresa	Fusion 8:15-9:00am / Carrie	LIHITT 8:15-9:00am / Katrina	Treadz Bootcamp 8:15-9:00am / Christy
Sensational Seniors (SS) 9:15-10:00am / Christy	Aqua Tai Chi 9:00-10:00am / Bonnie	Cycle ② 8:30-9:15am / Theresa	Aqua Fit Combo 8:00-9:00am / Betty	Cycle ② 8:30-9:00am / Michelle
Barre Basics 5:15-6:00pm / Carrie	Chair Yoga (SS) 9:15-10am / Erin	Senior Shuffle (SS) 9:15-10:00am / Carrie	Aqua Tai Chi 9:00-10:00am / Bonnie	Strength & Stretch 9:15-10:00am / Michelle
	Aqua Low Impact 10:00-11:00am / Betty	Core & More 5:15-6:00pm / Carrie	Sensational Seniors (SS) 9:15-10:00am / Katrina	
	Cardio Strength 5:15-6:00pm / Stacy	Aqua Stix 5:30-6:00pm / Kelly S.	Aqua Low Impact 10:00-11:00am / Betty	
	Cycle ② 5:30-6:30pm / Rob	Aqua Zumba 6:00-6:45pm / Kelly S.	Total Body Sculpt 5:15-6:00pm / Mandy	Cardio Strength 8:15-9:00am / Stacy
			Cycle 5:30-6:30pm / Rob	Aqua Stix 9:00-9:30am / Kelly S.
			Aqua Cardio Mix 5:30-6:30pm / Holly	Aqua Zumba 9:30-10:15am / Kelly S.

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.

Monthly Announcements

- Six feet distancing must be kept at all times.
- Leave ALL equipment on studio floors when done and staff will disinfect and put away.
- Please enter studio through east doors and fill room from west to east.
- Masks need to be worn throughout facility.



FACEBOOK.com/WorkmanSportsComplex
www.workmansportscomplex.com



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

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

GROUP FITNESS CLASS DESCRIPTIONS

Land Classes SS = Senior Specific

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.

Barre Basics: Barre is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long and lean physique in record time.

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

Core & More: A resistance workout that focuses on core strength & stability. Our goal is to increase motion, balance & muscular strength.

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.

SS Chair Yoga: Enjoy the benefits of yoga using a chair! Build core strength, flexibility and balance with seated/standing sequences.

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.

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.

Fusion: This 45 minute class is a combination of strength training, cardio and barre.

LIHIIT: This class is ideal for those who prefer higher intensity workouts with focus on full body strength, core stability and balance with low impact exercises (no jumping) that make it easier on your joints. Will use a interval training format going from increasing your heart rate to a total strength exercise into slowing it down to a controlled stability exercise. This class can be for any fitness level, modifications will be give for each exercise.

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.

SS Senior Shuffle: This class is a low impact cardio routine choreographed to the beat of fun music. Standing abs, arms and balance will be added to challenge your core without laying down on the ground.

SS 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!

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.

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!

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

Treadz Bootcamp: This class will be a combination of intervals on the treadmill and on the track. It incorporates body weighted exercises, plus the use of hand held weights to give you a good mix of strengthening moves and cardio bursts. This class can be modified

Aqua Classes

Aqua Cardio Sculpt: Condition and sculpt your entire body combining cardiovascular movements with strength and resistance training.

Aqua Cardio Mix: Medium to high intensity in the shallow water. This class works the upper and lower body with emphasis on power and intensity. Low intensity modifications can be made.

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.