



**RICHARD E. WORKMAN**  
Sports & Wellness  
Complex

# July Group Exercise Schedule

## July 6th – August 2nd

FREE for Members  
\$10 for Non-Members

Monday	
<b>Barbell Strength</b>	5:15-6:00am / Michelle
<b>Cardio Strength</b>	8:15-9:00am / Christy
<b>Aqua Fit Combo</b>	8:00-9:00am/ Bonnie
<b>Cycle Pilates Fusion</b> ②	8:30-9:15am / Theresa
<b>Aqua Fitness</b>	9:00am-10:00am / Annette
<b>Sensational Seniors</b> (SS)	9:15-10:00am/ Christy
<b>Butts N' Guts</b>	5:15-6:00pm / Theresa

Tuesday	
<b>Cardio Strength</b>	5:15-6:00am / Mandy
<b>Cycle Strength</b> ②	5:15-6:00am / Diane
<b>Outdoor Run/Walk</b>	7:15-8:00am / Christy
<b>Barbell Bands &amp; Abs</b>	8:00-8:45am / Tara
<b>Drums Alive®</b> (SS)	9:15-10:00am / Julie
<b>Aqua Tai Chi</b>	9:00-10:00am / Bonnie
<b>Aqua Low Impact</b>	10:00-11:00am / Betty
<b>Total Body Sculpt</b> <b>NEW!</b>	5:15-6:00pm / Makayla

Wednesday	
<b>Beginners Road Riding</b>	5:30-6:15am / Rob
<b>High Fitness</b>	8:15-9:00am / Carrie
<b>AquaFit Combo</b>	8:00-9:00am / Bonnie
<b>Cycle 45</b> ②	8:30-9:15am / Theresa
<b>Aqua Fitness/Stretch</b>	9:00am-10:00am / Annette
<b>Senior Shuffle</b> (SS)	9:15-10:00am / Carrie
<b>Cardio Strength</b> <b>NEW!</b>	5:15-6:00pm / Stephanie
<b>Aqua Stix</b>	5:30-6:00pm / Kelly S.
<b>Aqua Zumba</b>	6:00-6:45pm / Kelly S.

Thursday	
<b>Cardio Strength</b>	5:15-6:00am / Mandy
<b>Cycle Strength</b> ②	5:15-6:00am / Diane
<b>Outdoor Run/Walk</b>	7:15-8:00am / Christy
<b>Total Body Sculpt</b>	8:00-8:45am / Tara
<b>Aqua Fit Combo</b>	8:00-9:00am / Betty
<b>Aqua Tai Chi</b>	9:00-10:00am / Bonnie
<b>Drums Alive®</b> (SS)	9:15-10:00am / Julie K.
<b>Aqua Low Impact</b>	10:00-11:00am/ Betty
<b>Strength Circuit</b> <b>NEW!</b>	5:15-6:00pm / Cole

Friday	
<b>Barbell Strength</b>	5:15-6:00am / Michelle
<b>Aqua Fit Combo</b>	8:00-9:00am/ Bonnie
<b>Total Body Sculpt</b>	8:15-9:00am / Christy
<b>Cycle 30</b> ②	8:30-9:00am / Theresa
<b>Stretch &amp; Strength</b> (SS)	9:15-10:00am / Theresa

Saturday	
<b>Cardio Strength</b>	8:00-8:45am / Stacy
<b>Aqua Stix</b>	9:00-9:30am / Kelly S.
<b>Aqua Zumba</b>	9:30-10:15am / Kelly S.

Aqua Class	
<b>New Format</b> <b>NEW!</b>	
② = Studio 2	
(SS) = Senior Specific	
<b>Please note:</b> 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.
- Membership status will be reactivated 7/15. Monthly fees will not start processing until 8/15.



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



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

Questions-Contact Fitness Coordinator, Stacy Stanford at [ssanford@workmansportscomplex.com](mailto:ssanford@workmansportscomplex.com)

Sunday	
<b>Flow Yoga</b>	2:00-3:00pm / Erin

# GROUP FITNESS CLASS DESCRIPTIONS

## Land Classes SS = Senior Specific

**Barbell Bands & Abs:** 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.

**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.

**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!

**SS Boom Move/Mindy Body:** This Silver Sneakers class is designed for baby boomers and is all about burning calories and having fun with low impact cardio followed by yoga and Pilates to help relax the mind and body.

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

**Core & More Express:** Pilates based mat exercise class to work on core strength & stability. Our goal is to increase motion, balance & muscular strength.

**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 music 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 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!

**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.

**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.