



# Group Fitness Schedule

Effective: March 25, 2019

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30 am Muscle Pump Plus— Mandy	5:30 am Kickboxing/HIIT — Mandy	5:30 am Muscle Pump Plus— Mandy	5:30 am HIIT — Mandy	5:30 am Tread and Shred—Mandy
8:30 am CORE — Dawn		8:30 am Pilates CORE — Gena		5:30 am Yoga — Susan
9:00 am HIIT — Dawn		9:00 am HIIT — Mindy		8:30 am Muscle Pump Plus — Mandy
9:00 am Yoga — Gena	8:30 am Body Shop — Darlin	9:00 am Yoga — Gena	8:30 am Body Shop — Darlin	9:00 am Yoga Flow— Jeanne
* 9:30 am Water Aerobics — Jayne	9:15 am BARRE — Darlin	*9:30 am Water Aerobics — Liza	9:15 am BARRE — Darlin	9:30 am Step — Jayne
10:00 am Cardio Dance— Paula	11:15 am Zumba — Donna	10:00 am Cardio Dance — Paula	11:15 am Zumba — Donna	*9:30 am Water Aerobics — Carly
*10:15 am Warm Water Therapy	12:15 pm Body Flow — Donna	*10:15 am Warm Water Therapy	12:15 pm Body Flow — Donna	*10:15 am Warm Water Therapy
11:00 am SS — Jayne	1:00 pm P.M. Circuit—Donna	11:00 am SS — Liza	1:00 pm P.M. Circuit—Donna	10:30 am BARRE — Darlin
12:00 pm Silver Sneakers Yoga — Jayne		12:00 pm LUNCH CRUNCH		11:00 am SS — Jayne
12:00 pm LUNCH CRUNCH				12:00 pm Silver Sneakers Yoga — Jayne
				12:00 pm LUNCH CRUNCH
4:30 pm X Class — Gena	4:30 pm Tornado Training—Ty	4:30 pm X Class — Gena	4:30 pm Tornado Training—Ty	
5:30 pm Cycling — Gena	5:15 pm Muscle Pump — Catrina	5:30 pm Cycling — Gena	5:15 pm Muscle Pump — Bridget	<b>Saturday</b>
5:30 pm Zumba - Ana	*5:30 pm Water Aerobics — Jenni	5:30 pm Zumba - Ana	*5:30 pm Water Aerobics—Jenni	8:15 am Muscle Pump — Rotation
	6:00 pm Cardio Dance—Isaac		6:00 pm Zumba — Isaac	9:00 am Zumba — Rotation
				9:00 am Cycling — Carly or Bridget

### Mercy Fitness Center

7610 S. Dallas St.

Fort Smith, AR 72903

479-314-7400

#### Hours:

Monday – Thursday: 5:00 am - 9:00 pm

Friday: 5:00 am - 8:00 pm

Saturday: 8:00 am - 5:00 pm

Sunday: 12:00 pm - 5:00 pm

## Healthification<sup>SM</sup>

Eat • Move • Balance • Breathe

### Location

Highlighted in Gray – Studio 2

Highlighted in Yellow – Gym Floor

Plain type – Studio 1

Asterisk (\*) – Pool

### Pickleball Schedule:

Mon/Wed/Fri 10 am—10:45 am

Tues/Thur 1:30 pm—3:30 pm

Pickup games on the basketball court.

### Basketball :

12:00—1:30 pm Mon thru Fri

Pickup games on basketball court, 18 and over.

## **Group Fitness Class Description**

**Barre:** This class is designed around the ballet principals. Each class incorporates high intensity sequences of thigh, seat and core exercises at the barre. **For All Levels.**

**Body Flow:** Full body stretching and relaxation. **For All Levels.**

**Body Shop/Muscle Pump:** Total body strength training. Toning the major muscle groups with weights at high reps, this class will utilize tubing, medicine balls, weights, and body bars. **For All Levels.**

**Cardio Dance:** Great music, great dance moves, great calorie burn. **For All Levels.**

**CORE Training:** It's all about the abs. This class is designated to target your abdominal region and back which is better known as your "core". Core training is the essence of all functional stability. **For All Levels.**

**Cycling:**...the idea is to simulate outdoor cycling. The class uses specialized stationary bikes and your own imagination. All Schwinn bike are equipped with the "Look" style pedals. **For All Levels.**

**HIIT:** Ultimate Sports Conditioning using High Intensity Interval Training... The class will bring you the latest in sports and athletic training with focus on core, power, speed, and agility. You will be pushed to your limits inside and out. **Advanced Workout.**

**Kickboxing:** Cardio Kickboxing is a fun, intense workout that will have you jabbing, kicking your way to a high calorie burn.

**LUNCH CRUNCH:** Group lead workout of the day. Get a 30 minute high intensity/power lunch workout. Meet on the main workout floor.

**MashUP:** Variable-intensity interval training (VIT) that combines mind/body, agility and strength and HiiT intervals. **For all levels.**

**Silver Sneakers (phase 1):** Have fun through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**P.M. Circuit (phase 2):** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work is alternated with low-impact aerobics. A chair is used for standing support, stretching and relaxation exercises.

**Silver Sneakers Yoga:** (chair yoga) targets flexibility, range of movement, balance and mind-body integration. It offers light to moderate intense rhythmic and static range of movement with breathing exercise instruction.

**Step Dance Party 2019:** FUN Step dance choreography step moves from back in the day and today!! Class will focus on power, core and cardio. If your not sure about step, come learn... its sure to be a good time and great workout. **For all levels.**

**Tornado Training:** Intense storm with quick transitions that will move you in all directions. Twist, turn, and burn calories both during and after workout. **For All Levels.**

**Water Aerobics/Works:** A mixture of cardio and strength training using the resistance of water and pool accessories. This 45 minute class will utilize multiple disciplines; circuit, tabata, boot camp styles. **For All Levels.**

**Water Arthritis (Warm Water):** This class takes the body through normal range of motion exercises, while utilizing the warmth of the therapy pool.

**X Training:** A unique fusion of sport/athletic training, plyometrics and core work. This 45 minute workout is geared to the intermediate/advanced fitness enthusiast who is wanting results and willing to push their personal limits. **Advanced Workout.**

**Yoga Flow:** Move with your breath. **For All Levels.**

**Yoga:** Improve posture, strength, flexibility, and blood circulation. All the while, breathing deeply for a relaxing hour of complete wellness. **For All Levels.**

**Zumba:** Low-impact Latin dance!! **For All Levels.**

## **Group Fitness Class Etiquette**

Our Class Etiquette guidelines are designed so all members experience a successful, safe, and enjoyable workout. Thank you for your cooperation.

1. Please be on time.
2. Classes are a group activity, we request that you follow the instructor's routine.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Keep conversation to a minimum.
5. Please do not enter the class before the current class is finished.
6. Appropriate exercise attire must be worn.
7. Reserving spaces is not permitted.
8. Gym bags are not permitted in the studio.
9. Water must be in an enclosed, unbreakable container. Food is not permitted.
10. In consideration of other members, no cell phones

## **Group Fitness Class Participation Policy**

Class participation is monitored on a monthly basis and will be subject to change at any time if participation drops below an average of 10.

