



RICHARD E. WORKMAN
Sports & Wellness
Complex

June Group Exercise Schedule

June 1st—June 30th

FREE for Members
\$10 for Non-Members

Monday	
Barbell Strength	5:15-6:00am / Michelle
Treadz	8:15-9:00am / Leah
Cycle Pilates Fusion ②	8:15-9:00pm / Theresa
Aqua Fit	8:00-9:00am/ Holly
Drums ALIVE (SS)	9:15-10:00am/ Christy
Dance HIIT	5:00-5:30pm / Carrie

Tuesday	
Total Body Sculpt	5:15-6:00am / Mandy
Cycle Strength ②	5:15-6:15am / Diane
Aqua Fit Combo NEW!	8:00-9:00am / Betty
Pilates Yoga Fusion	8:15-9:00am / Theresa
Aqua Tai Chi	9:00-10:00am / Bonnie
Chair Yoga (SS)	9:15-10am/ Erin
Aqua Low Impact	10:00-11:00am / Betty
Strength Circuits	5:15-6:00pm / Theresa
Pilates Yoga Fusion	6:15-7:00pm / Theresa

Wednesday	
Sunrise PiYo NEW!	5:15-6:00am / Kelly
Aqua Cardio Sculpt	8:00-9:00am / Holly
Dance HIIT	8:15-9:00am / Carrie
Senior Shuffle (SS)	9:15-10:00am / Carrie
Treadz	5:15-6:00pm / Stacy
Aqua Stix	5:30-6:00pm / Kelly S.
Aqua Zumba	6:00-6:45pm / Kelly S.

Thursday	
Total Body Sculpt	5:15-6:00am / Mandy
Cycle Strength ②	5:15-6:15am / Diane
Tabata Strength NEW!	8:15-9:00am / Christy
Cycle ②	8:15-9:00pm / Theresa
Aqua Fit Combo	8:00-9:00am / Betty
Aqua Tai Chi	9:00-10:00am / Bonnie
Sensational Seniors (SS)	9:15-10:00am / Christy
Aqua Low Impact	10:00-11:00am/ Betty
Total Body Sculpt	5:15-6:00pm / Mandy
Aqua Cardio Mix	5:30-6:30pm / Holly

Friday	
Barbell Strength	5:15-6:00am / Michelle
Aqua Fit Combo	9:00-10:00am/ Bonnie
Treadz	8:15-9:00am / Stacy
Strength & Stretch	9:15-10:00am / Stacy

Saturday	
Cardio Strength	8:15-9:00am/ Rotation

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.
- Sunrise Piyo will meet near the north entrance of the building. During inclement weather this class will meet in studio 1.



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

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.

Butts N' Guts: 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 & 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 Pilates Fusion: This class will start with an intense 30 minute ride and transition into 15minutes of a 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 HIIT: A choreographed dance fitness for all fitness levels. 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!

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.

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.

PiYo: PiYo combines the strength training-and body lengthening-aspects of Pilates with the core training and stretching elements of yoga to create an full body workout experience. Unlike traditional Pilates and yoga sessions, PiYo is set up like a cardio class, designed to burn calories and make you sweat.

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.

Tabata Strength: This class focuses specifically on building lean muscle. By using a variety of both weights and body weight moves, we will target the entire body from legs to arms to abs. This class will be formatted in a Tabata style for you to achieve optimal results.

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.

Treadz: A mix between treadmill intervals and strength

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 Walk & Strength: Low impact, light intensity workout using the natural resistance of the water to strengthen core, increase balance, coordination and flexibility. Water walking, along with strength is appropriate for those just starting an exercise program or those interested in water exercise.

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.