

# October Group Exercise Schedule

Camden Clark  
Health and Wellness Center

## Water Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:00 AM</b>	<b>9:00-10:00 AM</b> Arthritic Water Debbie Modesitt	<b>9:00-10:00 AM</b> Arthritic Water Chris Poe	<b>9:00-10:00 AM</b> Water Aerobics Debbie Modesitt	<b>9:00-10:00 AM</b> Strut N Stretch Debbie Modesitt	<b>9:00-10:00 AM</b> Water Aerobics Chris Poe		
<b>10:00 AM</b>	<b>10:00-11:00 AM</b> Water Aerobics Barb Rosenbohm	<b>10:00-11:00 AM</b> Water Aerobics Barb Rosenbohm	<b>10:00-11:00 AM</b> Arthritic Water Debbie Modesitt	<b>10:00-11:00 AM</b> Water Aerobics Debbie Modesitt	<b>10:00-11:00 AM</b> Arthritic Water Chris Poe		
<b>11:00 AM</b>					<b>11:00-Noon</b> Arthritic Water Chris Poe		
<b>5:30 PM</b>	<b>5:30-6:15 PM</b> Water Aerobics Debbie Modesitt	<b>5:30-6:30 PM</b> Water Aerobics Debbie Modesitt	<b>5:30-6:30 PM</b> Water Aerobics Chris Poe	<b>5:30-6:30 PM</b> Aquatic Circuit Training Barb Rosenbohm			
<b>6:15 PM</b>	<b>6:15-6:45 PM</b> Hydro Gym Debbie Modesitt						

## Group Exercise Classes - Upstairs Studios

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:45 AM</b>	<b>8:45-9:45 AM</b> Cardiotonic Barb Rosenbohm		<b>8:45-9:45 AM</b> Cardiotonic Patty Montgomery		<b>8:45-9:45 AM</b> Cardiotonic Patty Montgomery		
<b>9:00 AM</b>						<b>9:00-10:00 AM</b> Hi/Lo/Cardio Rx Carla Adams	
<b>9:45 AM</b>			<b>9:45-10:00 AM</b> Ab / Core Rx Patty Montgomery		<b>9:45-10:00 AM</b> Leg & Butt Blaster Patty Montgomery		
<b>10:00 AM</b>	<b>10:00-11:00 AM</b> YOGA Carolina Alvarez		<b>10:00-11:00 AM</b> YOGA Carolina Alvarez			<b>10:00-11:00 AM</b> Pump Rx Carla Adams	
<b>10:15 AM</b>		<b>10:15-11:15 AM</b> Forever Young Chris Poe		<b>10:15-11:15 AM</b> Forever Young Chris Poe			
<b>11:15 AM</b>				<b>11:15-12:00 PM</b> Chair Yoga/Tai Chi Chris Poe			
<b>4:45 PM</b>	<b>4:45-5:30 PM</b> Pump Rx Carla Adams			<b>4:45-5:45 PM</b> Total Body Tune-Up Linda McClead			
<b>5:00 PM</b>		<b>5:00 - 6:00 PM</b> FIIT Happens Nicole Stone					
<b>5:30 PM</b>	<b>5:30-6:30 PM</b> Zumba Linda Gray						
<b>5:45 PM</b>	<b>5:45-6:30 PM</b> Cycling Carla Adams		<b>5:45-6:30 PM</b> Cycling Lanita Wentzel/ Harry Stephens				
<b>6:30 PM</b>		<b>7:30-8:30 PM</b> YOGA Stacey Steed	<b>6:30-7:30 PM</b> YOGA Plus Carla Adams	<b>6:30-7:30 PM</b> Beginning YOGA Stacey Steed			
<b>7:30 PM</b>		<b>7:30-8:30 PM</b> YOGA Stacey Steed					

## Group Exercise Classes - Downstairs Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10:00 AM</b>	<b>10:00-11:00 AM</b> Silver Sneakers John /Sam		<b>10:00-11:00 AM</b> Silver Sneakers John/Sam				
<b>11:00 AM</b>		<b>11:00 AM-Noon</b> Fit For Life John Coplin		<b>11:00 AM-Noon</b> Fit For Life John Coplin	<b>11:00 AM-Noon</b> Fit For Life John Coplin		

# Class Descriptions

**Water Aerobics** This class is a great way to get a high energy, cardio building workout, while remaining low impact. Impact can be controlled by your location in the pool. There are a variety of exercises and pool props used to create a great workout.

**Intensity - Medium**

**Arthritic H2O** A great low impact class that focuses on range of motion, flexibility, and balance to keeping the joints moving while including some low impact aerobics and core strengthening to build and maintain strong muscles. **Intensity Level - Low**

**Aquatic Circuit Training** Aquatic circuit training is suitable to all fitness levels. This class allows participants to get a great workout while giving them the ability to work at their own level with a variety of exercises in the pool. **Intensity Level - Medium**

**Strut N Stretch** This is a water walking class that will have you moving around the pool using water for resistance and periodically stopping to stretch different muscle groups. **Intensity Level - Medium**

**Zumba** This class provides a full body workout. You'll burn calories and build muscles, all the while enjoying moving along to some great music. Whether you are a seasoned Zumba pro or trying it for the first time, you'll love the moves that this program has to offer. **Intensity Level - High**

**Cardiotonic** Exercise your heart, burn extra calories, tone your body, improve balance and have a great time, too. Activities are always changing and exercise is adapted for ALL ages and ability levels. **Intensity Level - Medium**

**Hydro Gym** Hydro Gym is a modified deep water class and participants will be suspended in the water for the whole class. Participants need their own aqua jogging belt and water weights **Intensity Level - Medium**

**High Intensity Interval Training** This class includes workout of high intensity exercises that work on balance, core strength and flexibility. **Intensity - High**

**Pump Rx** Pump Rx is a strength training class that is appropriate for all fitness levels. This class will get you burning calories while building long lean muscle with high repetition exercises that match movement to great music. **Intensity Level - Medium**

**Hi/Lo/Cardio Rx** Get a different cardio workout every time! Class will offer a combination of step, floor aerobics, cardio-boxing, and plyometrics. The variety and hi/lo format will make this class suitable for most fitness levels. **Intensity Level - Medium**

**Forever Young** This class is one hour of exercise which incorporates weights and good music. There is no laying on the floor for exercise or jumping in the class. **Intensity Level - Medium**

**Yoga** A Vinyasa flow class that will increase strength and flexibility, as well as calm and relax your mind. **Intensity Level - Low**

**Yoga Plus** A class that will fuse traditional yoga poses with some fitness moves to increase strength, toning and flexibility. Class is for all levels. You will need a yoga mat, water and towel. **Intensity Level - Medium**

**Circuit Training** This class will give you a great total body workout! Participants will alternate cardio movements with strength and toning exercises. **Intensity Level - Medium**

**Silver Sneakers** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living **Intensity Level - Low**

**Fit-for-Life** This class is designed for active older adults. It's a low-impact workout combining cardio and conditioning. Beginners are welcome. **Intensity Level - Low**

**Cycling** You control your cycling workout by controlling speed and intensity. The class will change pace to jog, sprint, burst, sit and jumps! This is a high calorie burning workout on the bike! **Intensity Level - Medium/High**

**Cardio Cross Training** An all over body workout! Cardio, Kickboxing, abs & core...and more! **Intensity Level - Medium/High**

**Ab/Core RX** This strengthening/toning workout is designed to target the abs, back, & core. Hand weights and other tools are used to perform a variety of Pilates, sports yoga, and other movements. **Intensity Level - Medium**

**FIIT Happens** This class is a total body interval training class that includes strength and cardio movements in an upbeat setting to help you become more FIT! **Intensity Level - Medium/High**