

Group Fitness

Facility Hours: Monday–Friday: 5:30am–9:30pm • Saturday: 7:00am–6:00pm • Sunday: 9:00am–6:00pm

Group Fitness Class schedule

Unlimited group classes are FREE with your membership

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:45–6:45am		Group Fight Gail	Group Power Gail	Group Fight Gail			
8:10–9:10am	Group Centergy Gail	Group Power Trisha	8:40–9:10 Group Core Doug	Group Power Doug	Group Blast Mary	7:45–8:45 Group Blast Mary	
9:15–10:15am		Group Ride Rob		Group Ride Doug	Group Ride Rob	8:20–9:20 Group Ride Rob	
9:15–10:15am	Group Blast Mary	Group Power Doug	Group Fight Trisha	Group Power Mary	Group Centergy Gail	8:50–9:20 Group Core Trisha	9:10–10:10 Zumba Carmen
10:20–11:20am	Low Impact Fight Trisha	SilverSneakers Classic Karen	Low Impact Circuit Anthony	SilverSneakers Classic Karen	Group Active Trisha	9:30–10:30 Group Power Rob	10:20–11:20 Group Power Ferris
11:25–12:15pm	Smart Start Sandy	ChairYoga Barbara	Smart Start Sandy	ChairYoga Barbara	Smart Start Sandy		11:25–12:25 Group Centergy Kelly
12:25–1:25pm	Group Power Rob	Group Centergy Patricia	Group Active Trisha	Group Ride Hannah	Group Power David		
5:45–6:45pm	Group Power Gail	Group Blast David	Group Power David	Group Fight Trisha	5:15pm Barre Challenge Kirstyn		
6:00–7:00pm		Group Ride Hannah					
6:50–7:50pm	Group Active Kelly	Group Power Ferris	Group Centergy Kelly	Group Power Julie			
7:55–8:55pm	Zumba Mandy	Zumba Lynda		Zumba Lynda			

* Schedule is subject to change. For the most current schedule please visit <http://itallhappenshere.org/classes.html> or download our app to stay informed.



Android



Iphone

Class descriptions on the Back
November 13, 2017

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Group Fitness Class Descriptions

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Group Power®—Our most popular fitness class. This barbell program strengthens all your major muscles using squats, lunges, presses and curls.

Group Fight®—A fusion class of martial arts and boxing movements timed to modern music. Punch, Fight and smile as you define and shape your body with confidence.

Group Centergy®—Will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

Group Ride®—Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone who can ride a bike. Group Ride is a FWCC Member only class. No day pass visitors please.

Group Blast®—Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and your sweat pouring. Have a blast with Group Blast!

Group Core®—Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before.

Group Active®—Gives you all the fitness training you need—cardio, strength, balance, and flexibility—in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE!

Zumba®—Interval training class using easy-to-follow movements. Tone and sculpt your body with resistance training to fast and slow Latin salsa rhythms. This class is included in all memberships.

Barre challenge—A combination of postures inspired by ballet and other disciplines like yoga and Pilates. Some exercises involve equipments such as mini-balls, resistance bands, and small hand weights that help sculpt, slim and stretch your entire body. The barre can be used as a prop to help balance while doing exercises that focus on isometric strength training that is combined with high reps of small range of motion movements. .

Smart Start—This is a great class for the beginner, those with limited mobility, or those who are getting back into exercise after an illness or injury. Designed for ages 65+ but everyone is welcome. Includes cardio and strength circuits. You can learn the routine and progress at your own comfort level. Open to all membership types.

SilverSneakers Classic®—is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants' functional capacities.

Low Impact Circuit—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Strength work alternated with low-impact cardio exercise. A chair is used for standing support, stretching and relaxation exercises. This class is included in all memberships.

Chair Yoga—is a universal class designed specifically to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.