

# GROUP EXERCISE SCHEDULE

**EFFECTIVE: November 1, 2022**

<b>Monday</b>			<b>Tuesday</b>			<b>Wednesday</b>		
<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>	<b>Time (a.m.)</b>	<b>Class</b>	<b>Instructor</b>
5:10 - 5:55	Group Cycling - CSt	Mike	5:15 - 6:00	AMPED	Mollie	5:10 - 5:55	Group Cycling - CSt	Ian
5:45 - 6:30	FoxFit - BC	Nick	5:45 - 6:30	FoxFit - BC	Nick	5:30 - 6:15	Barre	Susan
6:15 - 7:00	Sculpt	Laura	6:00 - 6:45	Learn to Lap Swim	Jenna	5:45 - 6:30	FoxFit - BC	Jenna
9:00 - 9:45	Group Cycling - CSt	Sheffield	6:15 - 7:00	PiYo	Trish	7:00 - 7:45	Kickboxing	Gabriel
9:00 - 9:55	Aquafit	Hannah	8:00 - 8:45	Tai Chi	Taylor	9:00 - 9:55	Aquafit	Linda
9:15 - 10:00	Barre	Ashley	9:00 - 9:45	Group Cycling - CSt	Kate	9:15 - 10:00	Sculpt	Sheffield
10:15 - 11:00	Pilates	Jackie	9:00 - 9:55	Aquafit	Anna	10:15 - 11:00	Pilates	Jackie
11:15 - 12:15	Yoga (Vinyasa Flow)	Panchi	9:15 - 10:00	AMPED	Eddie	11:15 - 12:15	Yoga (Vinyasa Flow)	Panchi
			10:15 - 11:00	Sculpt 101	Anna			
			11:15 - 12:15	Yoga (Yin)	Tammy			
<b>Time (p.m.)</b>			<b>Time (p.m.)</b>			<b>Time (p.m.)</b>		
12:30 - 1:15	Cardio Dance 101	Sheffield	4:30 - 5:15	AMPED	Aimee	4:30 - 5:15	AMPED	Eddie
4:30 - 5:15	AMPED	Eddie	5:30 - 6:15	FoxFit - BC	Wes	5:30 - 6:15	Barre	Danielle
4:45 - 5:15	Kids Strength and Conditioning	Nick	5:30 - 6:15	Sculpt	Laura	5:30 - 6:15	FoxFit - BC	Nick
5:30 - 6:15	Barre	Sarah G	5:45 - 6:30	Group Cycling - CSt	Bob	5:45 - 6:30	Group Cycling - CSt	Kate
5:30 - 6:15	FoxFit - BC	Parker	6:30 - 7:30	Yoga (Yin)	Read	6:30 - 7:30	Yoga (Vinyasa Flow)	Monique
5:45 - 6:30	Group Cycling - CSt	Nancy						
6:30 - 7:30	Yoga (Vinyasa Flow)	Panchi						

BC - Basketball Court, CSt - Cycling Studio

Classes and instructors are subject to change.

Classes must maintain an average of five participants to remain on schedule.

Each class must have at least three participants to be conducted.



Little Rock  
**Racquet Club**

# GROUP EXERCISE SCHEDULE

**EFFECTIVE: November 1, 2022**

<i>Thursday</i>			<i>Friday</i>			<i>Sunday</i>		
<i>Time (a.m.)</i>	<i>Class</i>	<i>Instructor</i>	<i>Time (a.m.)</i>	<i>Class</i>	<i>Instructor</i>	<i>Time (p.m.)</i>	<i>Class</i>	<i>Instructor</i>
5:15 - 6:00	AMPED	Susan	5:10 - 5:55	Group Cycling - CSt	Mike	1:00 - 1:45	AMPED	Eddie
5:45 - 6:30	FoxFit - BC	Nick	5:45 - 6:30	FoxFit - BC	Jenna	4:45 - 5:45	Yoga (Vinyasa Flow)	Matthew
6:15 - 7:00	PiYo	Trish	9:00 - 9:45	Group Cycling - CSt	Sheffield			
8:00 - 8:45	Tai Chi	Taylor	9:00 - 9:55	AquaFit	Anna			
9:15 - 10:00	AMPED	Hannah	9:15 - 10:00	Sculpt	Lisa			
10:15 - 11:00	Sculpt 101	Hannah						
11:15 - 12:15	Yoga (Yin)	Tammy	<b><i>Time (p.m.)</i></b>					
			5:45 - 7:15	Sip and Stretch	Martha			
			<i>Saturday</i>					
<i>Time (p.m.)</i>	<i>Class</i>	<i>Instructor</i>	<i>Time (a.m.)</i>	<i>Class</i>	<i>Instructor</i>			
12:00 - 12:45	Learn to Lap Swim	Jenna	8:30 - 9:15	Group Cycling - CSt	Martha			
4:30 - 5:15	AMPED	Aimee	8:30 - 9:15	Barre	Danielle			
4:45 - 5:15	Kids Strength & Conditioning	Nick	8:30 - 10:00	FoxFit - BC	Michael			
5:30 - 6:15	FoxFit - BC	Nick	9:00 - 9:55	AquaFit	Trish			
5:45 - 6:30	Group Cycling - CSt	Bob	9:30 - 10:15	AMPED	Eddie			
			11:15 - 12:15	Yoga (Vinyasa Flow)	Vanessa			

BC - Basketball Court, CSt - Cycling Studio

Classes and instructors are subject to change.

Classes must maintain an average of five participants to remain on schedule.

Each class must have at least three participants to be conducted.

# GROUP EXERCISE CLASSES

## **Amped**

A 45 minute full body workout where cardio conditioning is incorporated with weight training. AMPED will improve muscle tone and definition while burning calories in a diverse way. This challenging class is welcome to all fitness levels as most movements can be modified to your own pace and needs. Set to a great musical playlist that is sure to get you AMPED!

## **AquaFit**

Designed for all levels of fitness, this is a cardiovascular and muscular conditioning class in the pool. The water offers resistance rather than impact so it's gentle on your joints.

## **Barre**

Barre is a unique total body workout that will lift your seat, tone your thighs and tighten your core! This class utilizes the ballet barre, sponge balls, and light dumbbells to perform small isometric movements that create long, lean muscles.

## **Cardio Dance 101**

Join us for low impact dance movement with strength intervals. Music from the 50's, 60's, 70's and 80's.

## **FoxFit - BC**

FoxFit - BC is a fitness program that combines a wide variety of functional movements and skills to a timed or scored workout. It is appropriate for any skill level, as all workouts are scaleable.

## **Group Cycling - CSt**

A cardiovascular workout on a stationary bike set to music in our new cycling studio. A resistance lever on the bike dictates the intensity of the ride so each participant can ride at their level. Our Keiser bikes are compatible with Shimano SPD cleats or you may wear tennis shoes.

## **Kids Strength and Conditioning**

Functional training for ages 9 - 15. Improve movement, general strength, coordination, balance and cardiovascular health.

## **Learn to Lap Swim**

This group exercise class will focus on learning the mechanics of an efficient stroke and beginning your journey to swimming for fitness. Classes will be 45 minutes and will include a technique portion and a workout portion for beginner to intermediate lap swimmers.

## **Pilates**

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

## **Pi/Yo**

This class combines the benefits of Pilates and yoga into one class. All fitness levels are welcome.

## **Sculpt**

Sculpt incorporates hand weights, medicine balls, body bars, bands and other pieces of equipment to increase muscular endurance and strength.

## **Sculpt 101**

In Sculpt 101, we dial back the complexity of the exercises. Attendees will use hand weights, medicine balls, body bars, etc. for resistance but muscle groups will be worked individually as opposed to more advanced "compound" exercises. This class is perfect for people new to weight lifting, recuperating from injury or those who are "balance challenged."

## **Tai Chi**

Originally a Chinese martial art, Tai Chi is an effective exercise for physical and mental well being, strengthening and mobilizing joints and muscles, improving physical fitness and mental relaxation. Its movements are slow and gentle and the level of exertion can be adjusted to suit each person's physical condition.

## **Yoga - Sip and Stretch**

A traditional Hatha yoga class with an emphasis on stretching. Improve your flexibility, strength and balance while bringing your body, mind and spirit into balance.

## **Yoga - Vinyasa Flow**

Appropriate for students of all levels, this class is a mix of the hatha and vinyasa styles. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa (pronounced "vin-yah-sah") is the Sanskrit word for "flow." These classes are known for their fluid, movement-intensive practices and are choreographed to smoothly transition from pose to pose. You are encouraged to stay with your own breath, take breaks if needed and modify to suit your preferences. Intermediate/advanced options will be given for those who would like a greater challenge.

## **Yoga - Yin**

This class focuses on postures that lengthen the connective tissues surrounding the hips and thoracic region of the body. It promotes mobility for the hips and thoracic spine to allow for stability in the low back and knees. Postures take place on the floor in a non-weight bearing manner and are held for longer periods of time to lengthen and strengthen connective tissues, restore energy, calm the nervous system and help in injury prevention and joint health.