















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 am SPIN Mix Geri - Spin Room	8:15 AM Power Hour Tamie - Aerobics Room	8:15 AM TRX MIX Kelly - Court 3	8:15 AM SPIN Bootcamp Geri - Spin Room		8:00AM Cardio Rotation Will be posted	
8:15 am Fun in the Sun POOL 	8:15 am Fun in the Sun Water Aerobics POOL	8:15 am Fun in the Sun AND 9:15 am Fun in the Sun Water Aerobics- POOL 	8:15 am Fun in the Sun Water Aerobics POOL 	8:15am IRONHOUR Instructor Rotates	9:00 AM Yoga Teresa-Aerobics Room	<div data-bbox="1808 315 2039 493" data-label="Text"> <p>fitness hours M-F: 5:15 AM-8 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM</p> </div>
8:15 am TRX MIX Kelly - Court 3	8:00 am Aquacise THERAPY POOL Susan 	8:15am Stretch Strengthen Aerobics Room Pamela	9:15 AM Fit N Fab Tamie - Court 1	8:15 am Fun in the Sun AND 9:15 am Fun in the Sun Water Aerobics- POOL 	10:30am Zumba Wislin	
9:15am Fit n Fab Geri- Aerobics Room	8:15am Stretch, Walk & Roll-Pamela Aerobics Room 	9:30am Fit n Fab- Michelle Aerobics Room 9:30am Fit n Fab	9:15 AM PureFlex Pilates Desiree - Aerobics Room	8:15 AM TRX MIX Kelly - Court 3	<div data-bbox="1493 483 1793 808" data-label="Complex-Block"> <p>IRONHOUR The discipline of Pilates, the focus of Yoga and the power of Weights. Fridays 8:15am</p>  </div>	<div data-bbox="1808 558 2039 753" data-label="Text"> <p>pool hours M-F: 5:15 AM-8PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM</p> </div>
9:15 am Fun in the Sun Water Aerobics- POOL 	9:15 AM Steppin' Up Helen-Aerobics Room 10:30am Stability *Silversneakers-Pamela Aerobics Room	9:30am Aqua Fusion THERAPY POOL  Pamela	10:30am Silversneakers Stability-Pamela Aerobics Room 10:30 AM Classic -Susan	9:15 AM Spin Tamie - Spin Room 10:00 AM Armed & Dangerous 9:30 Aqua Fusion -Therapy Pool -Pamela 		
10:30AM Circuit *Silver Sneakers - CT 1 Michelle	10:30am Classic- Susan *Silver Sneakers - CT 1 11:30am SS Chair Yoga- Pamela-Aerobics Room	10:30 AM Circuit *Silversneakers -Ct1- Michelle	11:30am Silversneakers Chair Yoga-Pamela Aerobics Room	10:30 am Fit N Fab Michelle - Aerobics Room	<div data-bbox="1486 818 2053 1084" data-label="Text"> <p>Integrity Junior Triathlon September 29th 2pm Sign up now on Runsignup.com There will be free training days for your kids school team.</p> </div>	
			11:15am Aquacise THERAPY POOL Susan 	10:15am Silversneakers® Splash-Pamela-Pool		
5: 00 PM TRX MIX Jenny- Court 2	5:00pm Full Body Blast Heather - Aerobics Room	4:30 PM Pump Up-Geri 5:00 Spin Bootcamp-Geri	5:00 pm R.I.P.P.E.D Rachel - Aerobics Room			
5:15 PM CSI -Spin Tamie - Spin Room		5: 00 PM TRX MIX Jenny Court 2		<div data-bbox="1199 1133 1499 1565" data-label="Complex-Block">  <p>Pick-up Pickleball Mon / Wed / Fri</p> <p>For more info Visit the Versailles Pickleball Facebook Page</p> </div>	<div data-bbox="1514 1133 2039 1305" data-label="Complex-Block"> <p>the KIDZONE at falling springs Now open!  M-Th: 8 AM -1145 AM & 4-8 PM Fridays: 8 AM-1145 AM Sat 8am-12pm</p> </div>	
6:00pm Yoga Flow Jackie	6:00 PM Barre Stephanie - Aerobics Room	6:00 PM Yoga Rotating Instructors - Aerobics Room	6:00 PM PureFlex Pilates Desiree - Aerobics Room			
7pm Cardio Drumming Nancy		7:00pm Zumba Wislin	7pm Cardio Drumming Nancy	<div data-bbox="1514 1365 2039 1565" data-label="Complex-Block">  <p>REMIND</p> <p>Fitness & Aquatics uses the REMIND app to communicate cancellations & last minute schedule changes. Sign up today for free! SEE REVERSE FOR DETAILS!</p> </div>		

group fitness class descriptions///

Aquacise: Low aerobic mix of core, strength and fun rhythmic movement to get you going!

Aqua Fusion: Combining traditional water therapy, yoga & myofascial massage to increase ROM, strength, endurance, balance & release tension in the body & mind

Armed and Dangerous: A great mix of upper body and ab work. This class welcomes all levels and is a great addition to any workout.

BARRE: An all level workout that blends elements from different exercise styles including ballet, Pilates, and yoga. We welcome first-timers, and your instructor will use hands-on guidance to help you get used to moving your body in new ways.

Body Blast: Expect the unexpected! A great mix of cardio, strength and functional training all wrapped up in a high energy class!

Cardio Drumming: Cardio drumming is turning simple movement into a full body workout leaving you smiling, sweating, and feeling amazing! All levels welcome!

CHAIR YOGA: Move your body through standing and seated poses using the support of a chair. Improve strength, posture, range of motion and balance. Includes guided breath work and relaxation. Silversneakers®

CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a circuit workout utilizing bands, balls and chairs for support. (Silver Sneakers®)

CLASSIC: Standing and seated low-impact movement and conditioning using weights, bands, and balls. Improve cardiovascular and muscular strength and endurance, increase range of motion. (Silver Sneakers®)

CSI Spin: Cardio Strength Intervals - Combo of High Cardio Spinning & Power Strength Training.

FIT & FAB: Multi-level workout with cardio, weights, & core work and a little boxing mix! Designed to improve balance, strength, flexibility & cardiovascular health.

FUN IN THE SUN (Water): Join us in the indoor pool for a circuit style workout while enjoying the sunshine in our 167 window natatorium! All levels welcome.

IronHour - combines the disciplines of pilates, the focus of yoga and the power of weights to round out your workout routine. Men and women of all fitness levels are welcome to sweat, sculpt, build lean muscle, improve metabolism, gain strength, focus on balance and see results! Looking for something that will change you and challenge you, try IronHour

PUMP & SPIN: Shape, Tone & Strengthen. This 30 min barbell class includes high rep movements with varying weight loads and is followed by spinning intervals to burn those calories!

PureFlex Pilates: Focus on core stability, overall strength, with head to toe lengthening and stretching.

R.I.P.P.E.D.- combines **Resistance, Interval, Power, Plyometrics, and Endurance**, with a great DIET it's the perfect program!

SPLASH (Water) A fun fusion of intervals, kickboxing, water aerobics and stretches using resistance and flotation props. Silversneakers®

STABILITY: Explore movement, poses & exercises to improve balance, strength, gait, & power; focus is on ankles, knees & hips for fall prevention. Silversneakers®

STEPPIN' UP: Keeping with the old school step routines but with a new twist! Whether you are an experienced stepper or brand new to step you will have so much fun in this class!

Stretch & Strengthen, Release, Restore: A class series utilizing a dynamic, full-body workout to rebalance, lengthen & strengthen muscles, decompress joints, improve posture, balance & flexibility. Standing, seated & floor work. Therapy balls and bands incorporated.

Stretch, Walk & Roll- Adynamic morning stretch, followed by walking intervals to improve cardiovascular fitness, ending with a therapy ball rollout

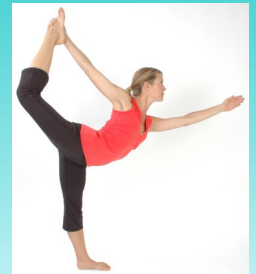
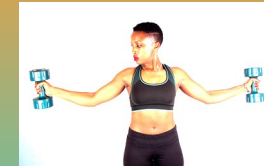
TRX MIX: This class will test your strength & willpower using body weight exercises, the suspension trainer, kettlebells and more.

YOGA: Beginning or advanced, each class will provide a flowing blend for balances, flexibility & relaxation!

YOGA FLOW: Whole body yoga, movement, stillness, breathing techniques and relaxation. Class will be fluid with sequence that embodies all of you, with fun and relaxing music.

Zumba- Join the PARTY! Zumba is a Latin-inspired dance that is all about the "fitness party". Energizing music selection is fast and slow. You'll get a full body workout that doesn't feel like work.

group fitness schedule///



FALLING SPRINGS
CENTER

WOODFORD COUNTY PARK
VERSAILLES



Effective 6.20.24



- ⇒ Send a text to 81010
- ⇒ Text @fslandfit3 Land Group Fitness Updates
- ⇒ Text @fswfit3for Water Fitness Updates.

FOR MORE INFORMATION: www.fallingspringscenter.com | 873-5948 x 4814 | tbleuel@fallingspringscenter.com