


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 am SPIN Mix Geri - Spin Room	8:15 AM Power Hour Tamie - Court 1	8:15 AM TRX MIX Kelly - Court 2	8:15 AM SPIN Bootcamp Geri - Spin Room	7:15am Performance Cycling-Tefany <i>It's Back!</i>	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="1806 308 2037 503" data-label="Text"> <p>fitness hours M-F: 5:15 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM</p> </div>
8:15 am TRX MIX Kelly - Ct 2						
8:15am Morning Stretch Pamela—MP Room	8:15 AM PureFlex Pilates Desiree - Aerobics Room	8:15am Morning Stretch MP Room-Pamela	9:15 AM PureFlex Pilates Desiree - Aerobics Room	8:15 am Fun in the Sun	10:30am Zumba Wislin	
9:15 am Fun in the Sun Water Aerobics- POOL	9:15 AM Steppin' Up Helen-Aerobics Room	9:30am Fit n Fab— Michelle Aerobics Room	9:15 AM Fit n Fab Tamie-Court 1	8:15 AM TRX MIX Kelly - Court 3	<div data-bbox="1491 479 1795 812" data-label="Complex-Block"> <p>IRONHOUR The discipline of Pilates, the focus of Yoga and the power of Weights. Fridays 8:15am</p>  </div>	
9:15am Fit n Fab Geri - Aerobics Room	9:30am Aquacise Susan- Therapy Pool		9:30 AM Aquacise Susan- Therapy Pool	8:15am Morning Stretch Pamela-MP Room		
9:30am Aqua Fusion Pamela— Therapy Pool		9:30am Aqua Fusion THERAPY POOL Pamela		9:15 AM Spin Tamie - Spin Room	<div data-bbox="1806 552 2037 747" data-label="Text"> <p>pool hours M-F: 5:15 AM-8PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM</p> </div>	
		10:30am Silversneakers Stability-Pamela MP Room		9:15 AM Fun in the Sun Susan		
10:30am On the Ball Silversneakers® Pamela Aerobics Room	10:30am Classic- Susan *Silver Sneakers - CT 1	10:30 AM Circuit *Silversneakers -Ct1- Michelle	10:30 AM Silversneakers ® Classic -Susan Court 1	9:30 AM Aqua Fusion Therapy -Pamela	<div data-bbox="1491 820 2037 998" data-label="Complex-Block"> <p>the KID ZONE at falling springs Now open! → M-Th: 8 AM -1145 AM & 4-8 PM Fridays: 8 AM-1145 AM Sat 8am-12pm</p> </div>	
10:30AM Circuit *SS - Michelle-Ct 1		11:30am Chair Yoga-SS Pamela-MP Room		10 AM Armed & Dangerous Tamie-Aerobics Room 30 mi		
11:30am Chair Yoga-SS Pamela-MP Room				10:30 am Fit N Fab Michelle - Aerobics Room 10:30am 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	<div data-bbox="1197 1128 1501 1567" data-label="Complex-Block">  <p>Pick-up Pickleball Mon / Wed / Fri</p> <p>For more info Visit the Versailles Pickleball Facebook Page</p> </div>		
5:15 PM CSI -Spin Tamie - Spin Room		5: 00 PM TRX MIX Jenny Court 2				
6:00pm Yoga Flow Jackie	6:00 PM PureFlex Pilates Desiree - Aerobics Room	6:00 PM Yoga Rotating Instructors - Aerobics Room	6:00 PM PureFlex Pilates Desiree - Aerobics Room			
7pm Cardio Drumming Nancy	7:00pm Cardio Drumming - Nancy	7:00pm Zumba Wislin	7pm Cardio Drumming Nancy			

REMIND

Fitness & Aquatics uses the REMIND app to communicate cancellations & last minute schedule changes. Sign up today for free!
SEE REVERSE FOR DETAILS!

**New Classes
New Times
Check it out!**

group fitness class descriptions///

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

Agua Fusion: Warm water workout to increase flexibility, strength, balance and endurance.

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.

On the Ball: Silver Stability-this workout uses the stability ball to tone your entire body while improving core strength and balance. Includes standing and floorwork. (Silversneakers®)



Performance Cycling FRIDAY'S 7:15am

This cycling class is based on road/trail training. If you are preparing for a triathlon, distance bike ride or just love riding, this class is for you. Resistance, speed and hills that mimic actual road/trail riding will help you push cycle performance to the next level.

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: a standing workout focus ed on fall prevention and functional movement. Improve balance, strength, power and gait. (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!

Morning Stretch: This dynamic full-body workout utilizes technique from Tai-Chi, ballet, Pilates & physiotherapy to increase strength, balance and flexibility. Includes standing, seated, and floorwork.

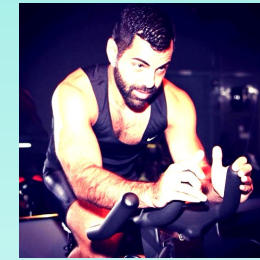
TRX MIX: This class will test your strength & willpower using body weight exercises, the suspension trainer, kettlebells and more.

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 9.1.24



- ⇒ 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