




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| 8:15 am SPIN Mix Geri - Spin Room | 8:15 AM Power Hour Tamie - Court 1 | 5:15am Performance Cycling-Tefany Beg. FEB 5 | 8:15 AM SPIN Bootcamp Geri - Spin Room | 8:15am IRONHOUR Instructor Rotates | 8:00AM Cardio Rotation Will be posted | fitness hours M-F: 5:15 AM-9 PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM |
| 8:15 am Fun in the Sun POOL | 8:15 am Fun in the Sun Water Aerobics POOL | 8:15 AM TRX MIX Kelly - Court 2 | 8:15 am Fun in the Sun Water Aerobics POOL | 8:15 am Fun in the Sun 8:15 AM TRX MIX Kelly - Court 3 | 9:00 AM Yoga Teresa-Aerobics Room | |
| 9:15am Morning Stretch Pamela—MP Room | 8:15 AM PureFlex Pilates Desiree - Aerobics Room | 8:15 am Fun in the Sun AND 9:15 am Fun in the Sun | 9:15 AM PureFlex Pilates Desiree - Aerobics Room | 9:15am Morning Stretch Pamela-MP Room | 10:30am Zumba Wislin | pool hours M-F: 5:15 AM-8PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM |
| 9:15 am Fun in the Sun Water Aerobics- POOL | 9:15 AM Steppin' Up Helen-Aerobics Room | 9:15am Morning Stretch MP Room-Pamela | 9:15 AM Fit n Fab Tamie-Court 1 | 9:15 AM Spin Tamie - Spin Room | | |
| 9:15am Fit n Fab Geri - Aerobics Room | 9:30am Aquacise Susan- Therapy Pool | Pamela | 9:30 AM Aquacise Susan- Therapy Pool | 9:15 AM Fun in the Sun Susan | |  Now open! → <small>M-Th: 8 AM - 1145 AM & 4-8 PM Fridays: 8 AM-1145 AM Sat 8am-12pm</small> |
| 10:15am Aqua Fusion Pamela- Therapy Pool | | 9:30am Fit n Fab- Michelle Aerobics Room 10:15am Aqua Fusion THERAPY POOL Pamela | | 10:15 AM Aqua Fusion Therapy -Pamela 1030 Fit n Fab-Michelle Aerobics Room | | |
| 11:20am On the Ball 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 | 10 AM Armed & Dangerous Tamie-Aerobics Room 30 mi | |  |
| 10:30AM Circuit *SS - Michelle-Ct 1 | | 11:20am Chair Yoga-SS Pamela-MP Room | | 11:20am Silver Stability® Pamela -Multipurpose Room | | |
| 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 | 5:00 pm Muscle Mania Jenny - Aerobics Room | |  |
| 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!

Pickleball

**Pick-up Pickleball
Mon / Wed / Fri**

For more info
Visit the
Versailles Pickleball
Facebook Page

group fitness class descriptions///

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

Aqua Fusion: (Water) 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.

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.

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

Muscle Maina: Designed to build power, endurance, and confidence using a variety of equipment, including dumbbells kettlebells, resistance bands and more! Modifications for all levels are welcome, from beginners to seasoned athletes, ensuring everyone gets a challenging and effective workout!

On the Ball:-this workout uses the stability ball to tone your entire body while improving core strength and balance. Includes standing/seated & floorwork.

Performance Cycling Wed 5:15am Begins Feb 5th

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 your 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.

RIPPED- A fun class synced to upbeat music that combines cardio and light weights for a well-rounded workout experience!

SILVER 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!

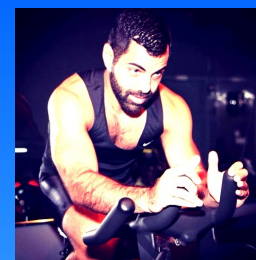
TRX MIX: This class will test your strength & willpower using body weight exercises, the suspension trainer, kettlebells and more.

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 1.15.24



- ⇒ 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