

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 am SPIN Mix Geri - Spin Room 8:15 am Fun in the Sun	8:15 AM Power Hour Tamie - Court 1	8:15 AM TRX MIX Kelly - Court 2	8:15 AM SPIN Bootcamp Geri - Spin Room		8:00AM Cardio Rotation Will be posted	
8:15 am TRX MIX Kelly -Ct 2 9:15am Stretch & Strengthen -Pamela MP Room	8:15 am Fun in the Sun Water Aerobics POOL	8:15 & 9:15am Fun in the Sun	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	fitness hours M-F: 5:15 AM-8PM Sat: 7 AM-7 PM Sun: 10 AM-7 PM pool hours M-F: 5:15 AM-7PM Sat: 7 AM-6 PM Sun: 10 AM-6 PM
9:15 am Fun in the Sun Water Aerobics- POOL		9:15am Stretch & Strengthen- MP Room-Pamela		9:15am Stretch & Strengthen MP Room -Pamela		
9:15am Fit n Fab Geri - Aerobics Room	9:15 AM Steppin' Up Helen-Aerobics Room	9:15am Water Therapy THERAPY POOL Sue 9:30am Fit n Fab- Michelle Aerobics Room	9:15 AM Fit n Fab Tamie-Court 1 9:30 AM Aquacise Susan- Therapy Pool	9:15 AM Spin Tamie - Spin Room 9:15 AM Fun in the Sun Susan		
10:30 am Aqua Fusion Therapy Pool-Pamela	9:30am Aquacise Susan- Therapy Pool	10:15 AM Aquacise Susan- Therapy Pool 10:30 am Ball & Stability -Pamela-Aerobics Room		10:30 AM Aqua Fusion Therapy Pool -Pamela 1030 Fit n Fab-Michelle Aerobics Room		
10:30AM Circuit *SS - Michelle-Ct 1	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	 New Class! Xtereme Hip Hop Step Thur 6pm	
11:30am Silversneakers® Chair Yoga MP Room - Pamela		11:30am Silversneakers® Chair Yoga MP Room- Pamela		11:15 am SilverSplash® Pool-Pamela		
5: 00 PM TRX MIX Jenny- Court 2	5:00pm Full Body Blast Jenny - 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	 Pick-up Pickleball Mon / Wed / Fri For more info Visit the Versailles Pickleball Facebook Page	
5:15 PM CSI -Spin Tamie - Spin Room		5: 00 PM TRX MIX Jenny Court 2	6pm Xtreme <i>Hip Hop Step</i> - Adam Aerobics Room			
6:00pm Yoga Flow Jackie	OUT OF THE BOX 6pm-Alfredo Aerobics Room					
7pm Cardio Drumming Nancy	7:00pm Cardio Dance - Debbie	7:00pm Cardio Dance - Debbie	7pm Cardio Drumming Nancy			
⇒ Download the Remind App ⇒ @fslandfit4 for Group Fitness Updates ⇒ @fswfit3for Water Fitness Updates.						

group fitness class descriptions///

Aqua Fusion: (Water) Warm water workout using yoga, pilates, ballet, and Tai Chi technique to increase flexibility, strength, balance and endurance.

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

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 Dance: Dance fitness w/light strength training mixed in. A variation of Latin & pop music Easy to adapt to /modify and lots of fun!

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

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.

Full Body Blast: Short on time? Get a full body workout in this multi-level class. Walk out feeling amazing and accomplished!

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.

Muscle Maina: Build power, endurance, & confidence using a variety of equipment, including dumbbells kettlebells, resistance bands & more! Modifications for all levels from beginners to seasoned athletes. Everyone gets a challenging & effective workout!

On the Ball STABILITY: Movement exercise will improve balance, strength, power and gait. Plus stability on the ball. This workout will tone your includes standing/seated and floorwork. (Silver Sneakers®)

Out of the BOX: Led by Alfredo "The Sauce" Gonzales former wrestler turned Nationally Ranked Boxer! Learn boxing techniques, increase strength & cardio, boost confidence & learn some self defense. Gloves suggested not required.

Power Your Walk: Skills and Drills targeting key muscles to improve walking mechanics, distance, and speed. Plus group walks to keep you motivated and improve your fitness level.

Pump Up-Get pumped up with weights, full body and core This quick workout to challenge you!

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

Silver 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.

Silver SPLASH (WATER) A fun fusion of aerobic intervals, muscle conditioning, & resistance training. Suitable for all skill levels & Safe for non-swimmers. (Silver Sneakers®)

Silver Stretch- Release tension & soreness thru dynamic stretches. Relax with guided breathwork, myofascial massage and selah.

Spin- Great ride, with a balance of speed, hills and intervals.

Spin Bootcamp/Mix -A fun mix of spin, weights and resistance to give you a well rounded workout!

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 : 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, bands and weights incorporated.

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

Xtreme Hip Hop STEP-A step aerobics class like no other! A fresh spin on an old concept! This cardio class combines step aerobic call-outs with Hip-Hop and R&B music.
A safe and fun environment for beginners to advanced exercisers.

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///



  
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Effective 9.26.25

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