

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	8:15 am Fun in the Sun 	8:00AM Cardio Rotation Will be posted	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  Xtereme Hip Hop Step Thur 6pm Sat 10am
8:15 am Fun in the Sun 	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 TRX Kelly - Court 3 9:15am Stretch & Strength- en-Pamela MP ROOM	9:00 AM Yoga Teresa-Aerobics Room	
8:15 am TRX MIX Kelly -Ct 2				9:15 AM Spin Tamie - Spin Room	10:00am Xtreme Hip Hop Step-Adam	
9:15 am Fun in the Sun Water Aerobics- POOL 				9:15 AM Fun in the Sun Susan 		
9:15am Fit n Fab Geri - Aerobics Room 9:15am Stretch & Strengthen MP Room Pamela	9:15 AM Steppin' Up Helen-Aerobics Room	9:15 Stretch & Strength- en MP room-Pamela 9:30 am Hydrotherapy Therapy Pool-Sue 	9:15 AM Fit n Fab Tamie-Court 1	9:30 am Hydrotherapy Therapy Pool-Sue 		
9:30 am Hydrotherapy Therapy Pool-Sue 	9:30am Aquacise Susan- Therapy Pool 	9:30am Fit n Fab- Michelle Aerobics Room 10:15 AM Aquacise Susan- Therapy Pool 	9:15 AM Steppin' Up Helen 9:30 AM Aquacise Susan- Therapy Pool 	1030 Fit n Fab-Michelle Aerobics Room 10 AM Armed & Dangerous Tamie-Aerobics Room 30 mi		
10:30am On the Ball &Stability Aerobics Room-Pamela						
10:30AM Circuit *SS - Michelle-Ct 1	10:30am Classic- Susan *Silver Sneakers - CT 1	10:30 AM Circuit *Sneakers -Ct1- Michelle	10:30 AM Silversneakers ® Classic -Susan Court 1	10:30am On the Ball &Stability CT 1-Pamela		
11:30am Chair Yoga MP Room-Pamela	10:30am Aqua Fusion Pamela BEGINS 8/18 	11:30am Chair Yoga MP Room-Pamela	10:30am Aqua Fusion Pamela BEGINS 8/20	11:30am Chair Yoga MP Room-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		 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  Pick-up Pickleball Mon / Wed / Fri For more info Visit the Versailles Pickleball Facebook Page
5:15pm Dance (Style of Dance will rotate mont. Salsa-Begins 9/18	New Class!	5: 00 PM TRX MIX Jenny Court 2	6pm Xtreme Hip Hop Step- Adam			
6:00pm Soul Stretch Jackie	6pm OUT OF THE BOX Alfredo Aerobics Room	6:00pm Barre Jackie				
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 – Cardio and resistance training in the lazy river! Cool down with yoga, Pilates & myofascial release.

AQUACISE – Low-impact cardio, core, strength & rhythmic movement for a fun, energizing workout.

ARMED & DANGEROUS – Upper-body and core workout for all fitness levels. A great addition to any workout!

BARRE – Low-impact, full-body workout combining ballet, Pilates & yoga to build strength, flexibility & endurance.

BODY BLAST – Expect the unexpected! A high-energy mix of cardio, strength & functional training.

CARDIO DANCE – Fun dance fitness featuring Latin & pop music with light strength training. Easy to modify for all levels!

CARDIO DRUMMING – Turn simple movements into a fun, full-body workout that leaves you smiling and sweating. All levels welcome!

CARDIO SPLASH (WATER) – Use the resistance of the water to improve cardiovascular fitness, endurance & flexibility.

CHAIR YOGA – Seated & standing yoga using a chair for support. Improve strength, balance, posture & mobility with breathwork and relaxation.

CIRCUIT – Build cardiovascular and muscular endurance with a fun circuit using bands, balls & chairs. (*SilverSneakers®*)

CLASSIC – Low-impact standing & seated exercises using weights, bands & balls to improve strength, endurance & range of motion. (*SilverSneakers®*)

CSI SPIN – Cardio, Strength & Intervals! A dynamic combination of high-energy cycling and strength training.

DANCE – Learn the basics of salsa while building confidence, coordination & fitness. All levels welcome—no partner or experience needed! Style of dance will rotate monthly.

FIT & FAB – Multi-level workout combining cardio, weights, core & boxing to improve strength, balance, flexibility & cardiovascular fitness.

FULL BODY BLAST – Short on time? Get an effective full-body workout in this multi-level class. Leave feeling strong & accomplished!

FUN IN THE SUN (WATER) – Enjoy a circuit-style workout in our indoor pool surrounded by natural sunlight. All levels welcome!

HYDROTHERAPY (Water TP) – Warm-water exercise to improve strength, coordination, mobility & flexibility.

MUSCLE MANIA – Build strength, power & endurance with weights, bands, kettlebells & more. All levels welcome!

ON THE BALL – Full-body workout using a stability ball for core strength, cardio, conditioning & flexibility.

OUT OF THE BOX – Learn boxing techniques with Alfredo “The Sauce” Gonzales, former wrestler & nationally ranked boxer.

PUMP UP – A quick, energetic full-body workout using weights and core exercises.

RIPPED – Upbeat cardio and light weights for a fun, effective full-body workout.

SALSA – All levels welcome! Learn basic salsa steps, build confidence & have fun. No partner or experience needed!

STRETCH & STRENGTHEN – A blend of Tai Chi, ballet, Pilates & yoga with weights, bands & balls to improve strength & flexibility.

SOUL STRETCH – Relax, breathe, stretch & recharge with this yoga-inspired class focused on flexibility and mindfulness.

SPIN – An energizing cycling workout featuring speed, hills & intervals.

SPIN BOOTCAMP/MIX – A fun mix of cycling, weights & resistance for a complete workout.

STABILITY – Functional exercises to improve balance, mobility, gait & lower-body strength. Standing & seated options.

STEPPIN’ UP – Classic step with a fresh twist! Fun, energetic routines for beginners to experienced steppers.

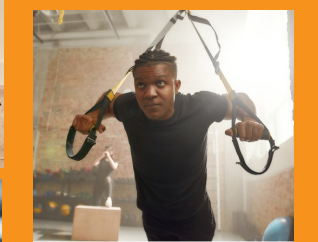
TRX MIX – Challenge your strength with TRX, bodyweight exercises, kettlebells & more.

XTREME HIP HOP STEP – High-energy step aerobics with Hip-Hop & R&B music. Fun for beginners to advanced!

YOGA – A flowing blend of balance, flexibility, strength & relaxation for all levels.

YOGA FLOW – Fluid yoga sequences combining movement, breath, stillness & relaxation.

group fitness schedule///



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

  
FALLING SPRINGS
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WOODFORD COUNTY PARK
VERSAILLES



Effective 8.19.26