

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	8:15am Strengthen & Stretch Aerobics Room	8:00AM Cardio Rotation Will be posted	
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 Fun in the Sun  8:15 AM TRX MIX Kelly - Court 3	9:00 AM Yoga Teresa-Aerobics Room	
9:15 am Fun in the Sun Water Aerobics- POOL 	9:00am Aqua Fusion Outdoor pool-weather permitting-CK REMIND	8:15am Stretch & Strengthen Aerobics Room	9:00am Aqua Fusion Outdoor pool-weather permitting-CK REMIND	9:15am Strengthen & Stretch MP Room-Pamela	10:00am Xtreme Hip Hop Step-Adam	
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	9:15 AM Spin Tamie - Spin Room 9:15 AM Fun in the Sun Susan 		
9:30 am Hydrotherapy Therapy Pool-Sue 	9:30am Aquacise Susan- Therapy Pool	9:30am Fit n Fab- Michelle Aerobics Room	9:15 AM Steppin' Up Helen	9:30 am Hydrotherapy Therapy Pool-Sue 		
10:30am On the Ball Aerobics Room-Pamela		10:15 AM Aquacise Susan- Therapy Pool 	9:30 AM Aquacise Susan- Therapy Pool 	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 *Sneakers -Ct1- Michelle	10:30 AM Silversneakers ® Classic -Susan Court 1	10 AM Armed & Dangerous Tamie-Aerobics Room 30 mi	 Xtereme Hip Hop Step Thur 6pm Sat 10am	
11:30am Chair Yoga MP Room-Pamela	10:30am Aqua Fusion Pamela BEGINS 8/18 	11:30am Chair Yoga Aerobics 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		
		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			

**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

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

 ⇒ Download the Remind App
⇒ @fslandfit4 for Group Fitness Updates
⇒ @fswfit3for Water Fitness Updates.



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

For more info
Visit the
Versailles Pickleball
Facebook Page

group fitness class descriptions///

Aqua Fusion: Cardio workout plus lazy river for fun resistance training; cool down includes yoga, pilates and myofascial massage.

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.

Barre: Low-impact, full-body workout that fuses ballet, Pilates, & yoga movements to build strength, flexibility, & muscular endurance. Using high-repetition, small isometric movements & stretch to target muscle groups and is designed to be accessible for various fitness levels while being gentle on joints.

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!

Cardio SPLASH (WATER) Using the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

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.

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.

Hydrotherapy (Water TP)— Warm water workout to increase strength, coordination, and increased flexibility.

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: This full body workout uses the stability ball for core work, cardio, muscle conditioning and flexibility. Standing, seated and floorwork.

Out of the BOX: Led by Alfredo "The Sauce" Gonzales former wrestler turned Nationally Ranked Boxer! Learn boxing techniques.

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!

Stretch & Strengthen- Dynamic movement using tai chi, ballet, Pilates and yoga tones the body and keeps you youthful! This full body workout includes weights, bands and balls. Stading, seated and floorwork.

Soul Stretch: Breathe, meditate, stretch and nourishing your soul with this yoga-like class.

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!

Stability: Functional movement, exercises and drills to improve balance, walking gait, lower body strength. Including weights, standing and seated work.

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.

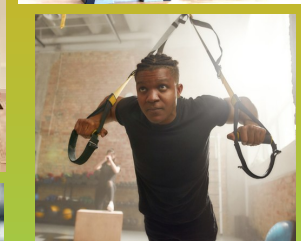
Xtreme Hip Hop STEP-A step aerobics class like no other! A fresh spin on an old concept! This cardio class combines step aerobic call-outs with Hip-Hop and R&B music.

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.

group fitness schedule///



Effective 8.7.26

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