

## GROUP EXERCISE

December | 2024



Move 30 Challenge

Looking for some extra motivation to move this holiday season? Participate in our **Group Exercise MOVE 30 challenge** during the months of December and January. Members who attend a total of 30 group exercise classes in this two month period will be entered into a drawing for amazing prizes!

### Holiday Hours & Fitness Offerings

We will be open from 5:00 am – 1:00 pm on **Tuesday, December 24**. The Play Center will be closed, and no group exercise or aquatic classes will be offered.

The HFC will be closed on **Wednesday, December 25**, in observance of Christmas.

On **Thursday, December 26**, the HFC will be open regular business hours and the Play Center will resume regular hours. A special lineup of classes will be offered:

8:45 am 360 Strength with Amanda  
10:00 am Unwind Yoga with Amanda  
10:30 am Aqua Amp with Kyle  
6:00 pm Zumba with Dena

On **Tuesday, December 31**, the HFC will be open from 5:00 am – 1:00 pm and the Play Center will be open 8:00 am – 12:45 pm. All regularly scheduled morning classes will be offered. The HFC will be closed on **New Year's Day**, but we can't wait to be a part of your health & wellness in 2025!

### Sunday Pop-up Classes

**Sunday, December 1 | 2:00 pm**  
Yoga with Lori

**Sunday, December 8 | 2:00 pm**  
Step with Rebecca

**Sunday, December 15 | 2:00 pm**  
Mindful Pilates with Audrey

**Sunday, December 22 | 2:00 pm**  
Power Pump with Danielle

**Sunday, December 29 | 2:00 pm**  
High/Low Fitness with Dena

### MONDAY

5:10 am	Cycle with Karl	45 min
5:10 am	360 Strength with Rebecca	45 min
8:30 am	Core with Rebecca	25 min
9:00 am	Cycle with Kristen	45 min
9:05 am	High/Low with Dena	45 min
10:00 am	Mindful Pilates with Audrey	45 min
11:00 am	Silver Strong with Audrey	45 min
12:00 pm	The GRIND with Erika	45 min
4:30 pm	Full Body Sweat with Amanda	45 min
5:30 pm	Cycle Beats with Krystal	50 min
5:30 pm	Pure Strength with Valerie	50 min
6:45 pm	Zumba® with Amy	45 min

### TUESDAY

5:10 am	The GRIND with Erika	45 min
5:10 am	Power Intervals with Danielle	45 min
8:45 am	360 Strength with Audrey/Amanda	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	High Fitness with Dena	50 min
6:30 pm	Yoga with Dena	30 min

### WEDNESDAY

5:10 am	Cycle with Karl	45 min
5:10 am	HIIT + Stretch with Rebecca	45 min
8:45 am	Step with Emily/Rebecca	45 min
9:00 am	Power Cycle with Kimberly	50 min
10:00 am	Mindful Pilates with Audrey	45 min
11:00 am	Silver Strong with Audrey	45 min
4:30 pm	Power Push + Stretch with Audrey	45 min
5:30 pm	HIIT with Valerie	30 min
6:05 pm	Pure Strength Express with Valerie	30 min
6:45 pm	Express Pilates with Valerie	30 min

### THURSDAY

5:10 am	Power Pump with Danielle	45 min
8:45 am	360 Strength with Emily	60 min
4:30 pm	Pilates with Elizabeth	45 min
5:30 pm	Cycle with Kristen	45 min
5:30 pm	Step & Strength with Krystal	45 min
6:45 pm	Zumba® with Dena	45 min

### FRIDAY

5:10 am	Power Cycle with Danielle	45 min
5:10 am	Conditioning & Strength with Cathy	45 min
8:30 am	Core with Audrey	25 min
9:05 am	Power Push with Audrey	30 min
9:00 am	Cycle + Top it Off with Amanda	50 min
10:00 am	Unwind with Rebecca	45 min
11:00 am	Silver Strong with Kristen	45 min
12:00 pm	The GRIND with Erika	45 min

### SATURDAY

8:35 am	Cycle with staff Karl   Kristen   Danielle   Rebecca	45 min
9:30 am	360 Strength with staff Valerie   Audrey   Emily   Cathy	45 min
10:30 am	Zumba® with Amy/Dena	45 min

## Conway Regional Health & Fitness Center Group Exercise Schedule | Class Descriptions

**Core** | 25 minutes of core work (abdominals, low back and high glute strengthening moves.)

**360 Strength** | Challenge your entire body in this effective, safe & comprehensive strength workout. Dumbbells, bodyweight & more will be used to move your body in all planes of fitness. Get ready to become stronger & test your limits with strength, cardio bursts and core work!

**Conditioning & Strength** | Look forward to conditioning and sculpting your whole body in this energizing and fun class based on movement! Three circuits designed to raise your heart rate and strengthen your muscles. Weights, bands, gliders, steps, and the like—the class never gets boring!

**Cycle** | Come ready to climb, sprint, and train to incredible music – all while on stationary bike!

**Cycle Beats** | This format includes choreographed moves on the bike, to the beat of the music! Be ready for a party on the bike with tap backs, pushups, and crosses.

**Full Body Sweat** | This 45-minute format offers a combination of strength with bursts of HIIT (high intensity interval training.)

**HIGH Fitness** | Choreographed interval training with intense cardio peaks and toning tracks pushes your heart rate and greatly improves your strength. Come jam out to songs you know and love, while taking your overall fitness to the next level! \*High/Low fitness offers a modern twist on low-impact aerobics that mixes cardio & toning!

**HIIT + Stretch** | This format offers high intensity interval training to challenge your strength, speed, power and agility! Be ready to hit the floor and push yourself to the max, then stay for a 15-minute stretch.

**Pilates & Mindful Pilates** | Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

**Power Cycle** | This format offers periods of strength work off the bike.

**Power Intervals** | This format offers timed intervals of cardio and strength.

**Power Pump** | This format offers a mix of cardio and strength to the beat of the music.

**Power Push** | Work up a sweat with this effective calorie-burning combo utilizing dumbbells & bodyweight! A fast-paced class designed to engage all muscle groups. Minimal rest, all-out effort.

**Pure Strength** | Challenge your entire body in this effective, safe & comprehensive strength workout.

**Silver Strong** | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

**Step** | Step is a great cardio option that tones your glutes and legs while building stamina & endurance! This energizing workout uses a step and risers. Step & Strength offers a mix of high-energy step and strength work!

**The Grind** | Anything goes in this class geared for intermediate to advanced fitness levels.

**Unwind Yoga** | Come ready to unwind your mind, body and spirit in this gentle, restorative style yoga format. All levels.

**Yoga** | Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

**Zumba®** | Let's dance! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!

- All cycle classes will be held in the spin studio on level 1
- The GRIND will be held on the multifunctional area on level 1
- All other classes will be held in the group exercise studio on level 1
- Kids age 11-13 may attend classes with parent
- The schedule is subject to change monthly based on attendance & instructor availability