

# Group Fitness Schedule

Updated 1/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours of Operation</p> <p>Monday - Thursday 5:00 AM - 8:00 PM</p> <p>Friday 5:00 AM - 7:30 PM</p> <p>Saturday 8:00 AM - 12:00 PM</p> <p>For more information, call (803) 435-5200</p>	Power Up 8:00 - 9:00 AM	Zumba/Strong 6:00 - 7:00 AM		Zumba/Strong 6:00 - 7:00 AM	
	Water Therapy 9:00 - 10:00 AM	Power Up 8:00 - 9:00 AM		Power Up 8:00 - 9:00 AM	Zumba 9:30 - 10:30 AM
	Low Impact Cardio 9:15 - 9:45 AM	Pilates 9:15 AM - 10:15 AM	Low Impact Cardio 9:15 - 9:45 AM	Pilates 9:15 - 10:15 AM	
	Toning & Stretching 9:45 - 10:15 AM		Deep Stretch 9:45 - 10:15 AM	Chair Aerobics 10:30 - 11:00 AM	
Yoga 9:15 - 10:15 AM	Chair Aerobics 10:30 - 11:00 AM				
Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM	Water Therapy 12:00 - 1:00 PM	<p>Aquatics</p> <p>Cardio/Strength</p> <p>Mind/Body</p>
		Lunch Time Spin 12:15 - 12:30 PM	Cardio Splash 5:30 - 6:30 PM		
Intro Water Therapy 5:30 - 6:30 PM	Zumba 6:00 - 7:00 PM		Zumba 6:00 - 7:00 PM		
Zumba/Strong 6:15 - 7:15 PM	Pilates 7:00 - 8:00 PM		Pilates 7:00 - 8:00 PM		

# Fitness Class Descriptions

## **Beginners Yoga:**

Slower paced than an all-level class & focused on developing clean and safe alignment in foundational poses.

## **Cardio Splash :**

Exercises include variations of water exercises with cardio and weights which are emphasized using pool noodles

## **Chair Aerobics:**

Pull up a chair and let's do some aerobics! This class takes your traditional aerobic exercise and adapts the positions so that anyone can do it. Stay toned and fit while gaining strength and endurance.

## **Low Impact Cardio:**

Exercises that increase your heart rate while minimizing the amount of stress or impact you put your joints under.

## **Pilates:**

Uses breathing as a focal point to work on flexibility, strength, and posture.

## **Power Up :**

Strength Training, Cardio, Ab work, with some high intensity exercises that will improve your strength, endurance and boost your DAY.

## **Toning & Stretching / Yoga:**

Aerobics are used to warm-up and raise your heart rate. Weights, Swiss balls, tubes, etc. are used for toning. You will use breathing as a focal point to work on flexibility, strength, and posture.

## **Water Therapy:**

Targets those who suffer from a variety of bone and joint problems. This program helps to promote weight loss, toning, strength, increase range of motion and improve stability.

## **Zumba:**

Combination of Latin and international music combined with active dance elements to make exercise fun and effective.

## **Zumba/Strong:**

Combination of Latin and international music combined with active dance elements to make exercise fun and effective. A high intensity interval training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

**All classes are subject to change  
and may be taught by any of our  
qualified instructors.**

**McLeod**  
Health & Fitness Clarendon