


MARCH		Proehlific Park Adult Fitness Center Group Exercise Schedule				2020
Mon	Tue	Wed	Thu	Fri	Sat	
2 6am Fitness Camp Micheala 7:45am <i>Drop It Weigh In Emma</i> 9am BODYPUMP™ Courtney 10:05am Yoga Tony 11:05am Silver Sneakers® Emma 12:00pm <i>Drop It Weigh In Emma</i> 5:30pm BODYPUMP™ Courtney	3 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30pm <i>Drop It Weigh In Emma</i> 9:15am Cycle & Core Rae Anne 9:15am Zumba® 45 Leigh 10:05am Tabata Courtney 10:35am SS Cardio Fit Emma 5:30pm Cycle45 Rae Anne 5:30pm Yoga Debbie 6:35pm Zumba Precious	4 6am Fitness Camp Mike 9am BODYPUMP™ Dana 10:05am Yoga Debbie 11:05am SilverSneakers® Cee 5:30pm Barre Strength Kelly 6:35pm Step Mike	5 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30am Tai Chi Rich 9:15am Cycle & Stretch Rae Anne 9:35am SS Cardio Fit30 Emma 10:05am Yoga Laureen 11:05am SilverSneakers® Courtney 5:30pm CardioMax30 Courtney 6:05pm Extreme Core Bruce	6 6am Fitness Camp Mike 9am BODYPUMP™ Courtney 10:05am Barre Strength Kelly 11:10am Line Dance Leigh 5:30pm Yoga Debbie	7 9am BODYPUMP™ Courtney	
9 6am Fitness Camp Micheala 7:45am <i>Drop It Weigh In Emma</i> 9am BODYPUMP™ Courtney 10:05am Yoga Tony 11:05am Silver Sneakers® Emma 12:00pm <i>Drop It Weigh In Emma</i> 5:30pm BODYPUMP™ Courtney	10 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30pm <i>Drop It Weigh In Emma</i> 9:15am Cycle & Core Rae Anne 9:15am Zumba® 45 Sheila 10:05am Tabata Courtney 10:35am SS Cardio Fit Emma 5:30pm Cycle45 Rae Anne 5:30pm Yoga Debbie 6:35pm Zumba Precious	11 6am Fitness Camp Mike 9am BODYPUMP™ Dana 10:05am Yoga Debbie 11:05am SilverSneakers® Cee 5:30pm Barre Strength Kelly 6:35pm Step Mike	12 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30am Tai Chi Rich 9:15am Cycle & Stretch Rae Anne 9:35am SS Cardio Fit30 Emma 10:05am Yoga Laureen 11:05am SilverSneakers® Courtney 5:30pm CardioMax30 Courtney 6:05pm Extreme Core Bruce	13 6am Fitness Camp Mike 9am BODYPUMP™ Courtney 10:05am Barre Strength Kelly 11:10am Line Dance Leigh 5:30pm Yoga Debbie	14 9am BODYPUMP™ Courtney	
16 6am Fitness Camp Micheala 7:45am <i>Drop It Weigh In Emma</i> 9am BODYPUMP™ Courtney 10:05am Yoga Tony 11:05am Silver Sneakers® Emma 12:00pm <i>Drop It Weigh In Emma</i> 5:30pm BODYPUMP™ Courtney	17 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30pm <i>Drop It Weigh In Emma</i> 9:15am Cycle & Core RaeAnne 9:15am Zumba® 45 Leigh 10:05am Tabata Courtney 10:35am SS Cardio Fit Emma 5:30pm Cycle45 Rae Anne 5:30pm Yoga Debbie 6:35pm Zumba Precious	18 6am Fitness Camp Mike 9am BODYPUMP™ Dana 10:05am Yoga Debbie 11:30am Lunch and Learn 5:30pm Barre Strength Kelly 6:35pm Step Mike	19 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30am Tai Chi Rich 9:15am Cycle & Stretch Rae Anne 9:35am SS Cardio Fit30 Emma 10:05am Yoga Laureen 11:05am SilverSneakers® Courtney 5:30pm CardioMax30 Courtney 6:05pm Extreme Core Bruce	20 6am Fitness Camp Mike 9am BODYPUMP™ Courtney 10:05am Barre Strength Kelly 11:10am Line Dance Leigh 5:30pm Yoga Debbie	21 9am BODYPUMP™ Courtney	
23 6am Fitness Camp Micheala 9am BODYPUMP™ Courtney 10:05am Yoga Tony 11:05am Silver Sneakers® Emma 5:30pm BODYPUMP™ Courtney	24 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 9:15am Cycle & Core Rae Anne 9:15am Zumba® 45 Leigh 10:05am Tabata Courtney 10:35am SS Cardio Fit Emma 5:30pm Cycle45 Rae Anne 5:30pm Yoga Debbie 6:35pm Zumba Precious	25 6am Fitness Camp Mike 9am BODYPUMP™ Dana 10:05am Yoga Debbie 11:05am Silver Sneakers® Cee 5:30pm Barre Strength Kelly 6:35pm Step Mike	26 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike 8:30am Tai Chi Rich 9:15am Cycle & Stretch Rae Anne 9:35am SS Cardio Fit30 Emma 10:05am Yoga Tony 11:05am SilverSneakers® Courtney 5:30pm CardioMax30 Courtney 6:05pm Extreme Core Courtney	27 6am Fitness Camp Mike 9am BODYPUMP™ Courtney 10:05am Barre Strength Kelly 11:10am Line Dance Leigh 5:30pm Yoga Debbie  Pickleball Tournament	28 9am Strength Emma	
30 8:00am Fitness Camp Micheala 9am BODYPUMP™ Courtney 10:00am Yoga Tony 11:05am Silver Sneakers® Emma 5:30pm BODYPUMP™ Courtney	31 5:30am Cardio & Sculpt Sara 8:30am Fitness Camp Mike a 9:15am Cycle & Core Rae Anne 9:15am Zumba® 45 Leigh 10:05am Tabata Courtney 10:35am SS Cardio Fit Emma 5:30pm Cycle45 Rae Anne 5:30pm Yoga Debbie 6:35pm Zumba Precious	<p>Senior Drop IT Weight Loss Program: Weigh In's with Emma in the Group Exercise Room</p> <p><i>*Mondays between 7:45-8am or 12-1pm</i></p> <p><i>*Tuesdays between 8:30-9:15am</i></p> <p><i>Final Weigh In March 17th / Awards announced at Lunch & Learn on the 18th</i></p> <p>Lunch and Learn Topic: Guest Speaker: Ingrid Rodriguez, MSR, DC. Topic: Common conditions of hip (and buttock) pain and tips on how to manage it.</p> <p>March Pickleball Tournament: Friday 27th 9am-12pm</p>				



Happy
St. Patrick's
Day

Barre Strength- Try this combination of Pilates, mixed with Yoga, ballet and strength training.

Body Blast-Body Blast is a class designed to get you results through a combination of strength training and cardio fused to create a muscle building, heart pumping good time! The class will focus on classic “Boot Camp” or “Sculpting Work” for strength training as well as lots of creative movement from step to low impact aerobics routines for cardio. The more adaptation and variables the better, providing results with a smile!!

Body Pump™, the original LES MILLS™ barbell class, will sculpt, tone, and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Fitness Camp -New name same amazing class. This unique class mixes both cardio and Strength Training using free weights and your own body weight. This allows you to work both your heart and your muscles extensively in one class. A full body workout using the entire PARK to make it happen! A must try!

Cardio Max30- 30 minutes of high energy fun! Mix of heart pumping cardio, intervals, boot camp, kick-boxing, aerobics and more! Geared for the advanced participants but can accommodate all levels.

Cardio & Sculpt-Sara Blake is leading this 45 Minute total body, fat blasting class that targets all the stubborn areas! Various equipment will be used to tone, tighten, burn and balance your body. All fitness levels are welcome and encouraged as different levels of intensity will be offered. The early class time offers all busy individuals an opportunity to fit in a workout into their busy schedule!

Circuit Blast- A 40-minute total body workout focusing on circuits that include high-intensity intervals and sculpting moves to rev up your metabolism for hours.

Cycle- A workout designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Circuit is a class designed to get you results through a combination of strength training and cardio fused to create a muscle building, heart pumping good time!

Extreme Core -30 minutes of intense core work from your shoulders down to your glutes. Modifications will be explained throughout the class making it an ideal core class for anyone at any level of fitness. If you want to get STRONG, you will need a Solid

Line Dance and Stretch-Want to get some cardio and have fun doing it? Dancing is a great way to stay fit and agile. Join us each Friday at 11:05 as we learn and practice a line dance routine, followed by some gentle stretching.

Silver Sneakers® Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers® Cardio Fit- A low impact, higher intensity cardio workout aimed at our more active Seniors. Retro Aerobic Style!

Step- Join Mike for a fun filled, music driven choreographed based class. Workouts are choreographed to offer full body exercise with movements on and around a step. Benefits also include improved coordination and balance. Classes may include core work and resistance training.

Tai Chi- An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yoga-Finding a little sliver of tranquility and stillness in your everyday life is just one of the small blissful benefits created with a steady yoga practice. This practice not only strength opens the body by developing flexibility and defining muscle tone, but it also allows the mind to calm by releasing stress and alleviating tension. This class is for ALL levels and focuses on your individual needs, honoring the body, and preventing injury through a steady flow.

Zumba® Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health!

Fitness Center Hours:

Monday - Thursday: 5am-10pm

Friday: 5am - 8pm

Saturday: 6am - 6pm

Sunday: 11am-6pm

336.665.5233

www.ProehlificPark.com

#YouDeserveMore



Kid's Club HOURS:

8am -12pm

Monday through Friday

4:30pm – 7:30pm

Monday through Thursday

8am – 12:00pm

Saturday