

**MAY 2025**

# GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	Core Blast -Nick	Flow Yoga -Jodie	Core Blast -Nick	Golf Fit -Dylan	Power Yoga -Kat	
9:00 am	Total Body -Bonnie	HIIT -Bonnie	Gentle Yoga -Cassidy	Flow Yoga -Kat	Total Body -Bonnie	Flow+Restore -Kat
10:00 am	Stretch -Cassidy	Barre -Bonnie	Stretch -Cassidy	HIIT -Bonnie	Aqua Zumba -Bonnie	
10:00 am	Aqua Aerobics -Bonnie		Aqua Aerobics -Bonnie			
11:00 am	Yoga Nidra -Cassidy		Men's Stretch -Cassidy	Barre -Bonnie		
11:00 am	Aqua Aerobics -Bonnie		Aqua Aerobics -Bonnie			
12:00 pm	Move+Mobility -\$\$\$		Move+Mobility -\$\$\$			
4:00 pm		Strength -Leighton		Strength+Sweat -Kat		
5:00 pm		TPI Golf -\$\$\$		Restore Yoga -Kat		

# CLASS DESCRIPTIONS

## AQUA AEROBICS

This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. All fitness levels welcome!

## STRETCH

Our Stretch class is a group fitness class that focuses on improving flexibility, mobility, and range of motion through a series of stretching exercises. These classes can be beneficial for relieving sore muscles, reducing stress, and improving overall fitness. Stretching helps to lengthen muscles and increase the range of motion in joints, making everyday activities easier and reducing the risk of injury.

## YOGA

Yoga encompasses various styles, from gentle practices to more dynamic and flowing practices. Gentle yoga focuses on basic postures and breathwork. Restore yoga focuses on stillness and comfort, holding poses for extended periods of time. Power yoga is a dynamic and intense form that emphasizes physical strength, flexibility, and endurance. We offer many unique styles of yoga throughout the week. All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. All levels are welcome!

## CORE BLAST

Core Blast is a unique workout that focuses on strengthening and engaging the core muscles, including the abdominals, lower back, and stabilizing muscles, often through a variety of exercises and movements. This class will target the muscles that support the spine and trunk, including the rectus abdominis (abs), obliques, lower back muscles, and pelvic floor muscles. Strengthening these muscles can improve posture, balance, stability, and overall athletic performance, as well as reduce the risk of back pain.

## TOTAL BODY FITNESS

A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of free weights and exercise balls. Total body fitness is a workout that engages all major muscle groups, combining strength training and cardiovascular exercises to improve overall fitness and well-being. All levels welcome!

## PILATES

Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Pilates is a body-conditioning exercise method that focuses on strengthening and coordinating the core muscles, improving posture, and increasing flexibility. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. All fitness levels welcome!

## BARRE

Barre is a form of exercise that combines elements of ballet, Pilates, and yoga to create a challenging and toning workout. They focus on small, isometric movements that target and strengthen specific muscle groups, particularly the legs, arms, and core. The class is taught at the barre with weight training and some additional floor work. All

## Small Group Paid Sessions | Mobility Group & TPI Group

Mobility Sessions (Cassidy&Dylan): Movement and Mobility builds strength and stability through your full range of motion, making every position strong, not just reachable. Mobility is NOT just being flexible! TPI (Leighton): A golf-specific training program. A combo of strength and mobility to help improve your golf game and play pain-free!

Contact Us: [destfan@arcisgolf.com](mailto:destfan@arcisgolf.com)