

# ARR April Group Schedule

| MONDAY                                 | TUESDAY                               | WEDNESDAY                            | THURSDAY   | FRIDAY                                  |
|--|---------------------------------------|--------------------------------------|--|---|
| Cycling<br>5:30 - 6:15 AM              | Express Cycling<br>5:00 - 5:30 AM     | Cycling<br>5:30 - 6:15 AM            | Express Cycling<br>5:00 - 5:30 AM                | Cycling<br>7:30 - 8:30 AM               |
| Zumba<br>7:30-8:30 AM                  | Weight Training<br>5:30 - 6:20 AM     | Power Yoga<br>6:00-6:40 AM           | Floor Work<br>7:25 - 8:25 AM                     | Stretch & Core<br>7:30 AM - 8:15 AM     |
| Cycling<br>7:30 - 8:30 AM              | Weight Training<br>7:25 - 8:25 AM     | Slow Your Roll<br>6:45-7:20 AM       | Cardio Core<br>8:35 - 9:35 AM                    | Zumba<br>8:30 - 9:30 AM                 |
| Weight Training<br>8:30 - 9:30 AM      | Cycling<br>8:30 - 9:30 AM             | Cycling<br>7:30 - 8:30 AM            | Weight Training<br>9:45 - 10:45 AM               | Cycling<br>8:40 - 9:40 AM               |
| Cycling<br>8:40 - 9:40 AM              | Cardio Core<br>8:35 - 9:35 AM         | Dance Mix<br>7:30 - 8:30 AM          | Gentle Yoga /<br>Core Fusion<br>11:00 - 11:50 AM | Yin Yoga<br>9:45 - 10:45 AM             |
| Yoga All Levels<br>9:45 - 10:45 AM     | Cardio Kick & Tone<br>9:45 - 10:45 AM | Butts & Guts<br>8:30 - 9:30 AM       | Yoga with Tracy<br>12:00 - 1:00 PM               | Booty Ballet<br>10:00 - 10:45 AM        |
| Low Impact Variety<br>11:00 - 11:45 AM | Gentle Yoga<br>11:00 - 11:50 AM       | Cycling<br>8:40 - 9:40 AM            | Weight Training<br>5:30 - 6:15 PM                | Cardio/Tone/Stretch<br>11:00 - 11:45 PM |
| Pilates Mat Work<br>12:00 - 12:45 PM   | Cycling<br>4:45 - 5:30 PM             | Yoga All Levels<br>9:45 - 10:45 AM   | Cycling<br>5:30 - 6:30 PM                        |   |
| Weight Training<br>4:30 - 5:15 PM      | Brazilian Butt<br>5:30-6:30 PM        | Chair<br>11:00 - 11:45 AM            | Total Body<br>6:30-7:30 PM                       |   |
| Tween Fit Series<br>4:15-5:15 PM       | Cycling<br>5:45 - 6:45 PM             | Pilates Mat Work<br>12:00 - 12:45 PM | SATURDAY   |   |
| Cycling<br>5:00 - 5:50 PM              | Cardio Tennis<br>6:00 - 7:00 PM       | Tween Fit Series<br>4:15-5:15 PM     |  |   |
| Barre Toning<br>5:40 - 6:30 PM         |                                       | Weight Training<br>4:30 - 5:15 PM    |  |   |
| Cycling<br>6:00 - 6:40 PM              |                                       | Cycling<br>5:30 - 6:30 PM            | Cycling<br>8:00- 8:50 AM                         | Brazilian Butt<br>9:00 - 10:00 AM       |
| Gentle Yoga<br>6:45 - 7:30 PM          |                                       | Zumba<br>5:30 - 6:30 PM              | Zumba<br>8:00 - 9:00 AM                          | Cardio Kick & Tone<br>10:00 - 10:40 AM  |
|  | SUNDAY                                | Yin Meditation<br>6:45 - 7:45 PM     | Cycling<br>9:00- 10:00 AM                        | Yoga All Levels<br>10:50 - 11:50 AM     |
|  | Cycling<br>3:00 - 4:00 PM             |                                      |  |   |

## FITNESS CLASS DESCRIPTIONS: Addition or Change

**Barre Toning:** Isometric strength training combined with high reps of small range-of motion movements  
**Brazilian Butt:** A combination of Standing-work and Floor-work focused on the glutes. The butt will become rounder and lifted, the inner and outer thighs get firmer and toned. Class combines cardio moves from Capoeira (Brazilian martial art). Fun, fast and effective, your butt will never look better

**Booty Ballet:** A fun, safe, low-impact barre style class based on Yoga, Pilates and Ballet techniques to tone areas women struggle with: arms, abdominals, seat, hips and thighs. The class is designed for all ages and body types, beginners and advanced alike. Booty Ballet aims to increase flexibility, muscle definition and improve posture.

**Butts & Guts:** The most rewarding butt kicking, gut wrenching hour ever spent on problematic areas

**Cardio Tennis:** A complimentary group tennis class set to music. Meet at the tennis courts.

**Cardio Core:** The perfect combination to change your fitness plateau by training intervals for cardio endurance and muscle strength. A fun-filled, calorie burning class with weights, tubing, stability ball & abs.

**Cardio/Tone/Stretch:** 15 minutes of cardio, 15 minutes of toning and 15 minutes of stretching.

**Cardio Kick & Tone:** Weight training and cardio kickboxing drills. Expect to leave the class drenched.

**Chair Strength:** Increase mobility and strength from a seated position using free weights and resistance bands to increase core stability.

**Cycling:** A scientifically based indoor cycling program set to music, using a variety of techniques to mimic outdoor terrains. All fitness levels welcome. Heart rate monitors & gel seats recommended.

**Gentle Yoga/Core Fusion:** Core work using light weights, bands, and stability balls that infuse gentle yoga postures. Extra emphasis on abs, glutes, and stretching for all levels.

**Meditation Class:** Yoga nidra is a meditative practice consisting of breath-work, guided visualizations, healing affirmations and more, all practiced while resting comfortably on your back supported by blankets.

**Pilates Mat Work:** A series of controlled movements engaging your mind and body toward the goal of overall fitness through core muscle strengthening. Pilates promotes physical harmony and balance for people of all ages. A towel or mat is needed.

**Power Yoga:** An intense workout that will make you sweat! Power Yoga is great for strength training because you will be consistently lifting and lowering your entire body weight. These classes incorporate a serious number of Vinyasas, and they're definitely going to get your entire body into gear.

**Low Impact Variety:** A variety of step patterns. Double stepping, sports, cardio & regular step.

**Slow Your Roll:** Improve your posture with his foam roller class. It will teach you how to give yourself a deep tissue massage, break up scar tissue, release knots in the muscle and surrounding fascia along with increasing core strength and overall flexibility.

**Stretch & Core:** It's time for a great ease, comfort and capability in daily life. If you've been feeling tight, stiff, stressed or anxious then this is the class for you! Located in the Group Exercise Room.

**Total Body:** A functional circuit training class designed to help you add lean muscle, burn fat and increase your cardiovascular endurance. Stationary Bicycles are used between workouts. Combines upper and lower body exercises with core strength.

**Tween Fit Series:** This class strives to increase the total health and fitness levels in a fun, motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, circuits and more..

**Weight Training:** Gain strength, condition your muscles & tone your body.

**Yoga with Tracy:** See Yoga All Levels Description

**Yin Yoga:** Stretches the deeper connective tissues of the ligaments, fascia, joints and bones by using long-held, passive postures and deep breathing techniques. It is appropriate for all ages and all levels of physical capabilities.

**Yin Meditation Yoga:** A slow-paced style of yoga which stretches the deep connective tissues of the ligaments, tendons, and bones. Postures are held for three to five minutes with slow, full breaths.

**Yoga All Levels:** Utilizes many different yoga styles to achieve balance, strength and flexibility

**Zumba:** Fusion of Latin and International music - dance themes creating a dynamic, exciting and effective fitness workout. The routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

\*\*\*Classes are subject to change.

# YOUTH FITNESS SCHEDULE

All youth classes are held in the Kid's Club Unless Denoted Otherwise

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY | SATURDAY   |
|--|---|--|---|--------|--|
| <b>Tween Fit Series</b><br>Ages 7-12<br>4:15 - 5:15 PM<br><i>Group Exercise Room</i> | <b>FitKids</b><br>Ages 4-7<br>4:30 - 5:15 PM<br><br><b>KidzPower</b><br>Ages 7-12<br>5:15 - 6:00 PM | <b>Tween Fit Series</b><br>Ages 7-12<br>4:15 - 5:15 PM<br><i>Group Exercise Room</i> | <b>FitKids</b><br>Ages 4-7<br>4:30 - 5:15 PM<br><br><b>KidzPower</b><br>Ages 7-12<br>5:15 - 6:00 PM |        | <b>Open Class</b><br>Ages 4-12 9:00 - 9:45 AM<br>9:45-10:30 AM |

## CLASS DESCRIPTIONS

### TWEEN FIT SERIES

This class strives to increase the total health and fitness levels in a fun, motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, circuits and more. The mission is to instill a love of fitness at an early age that will last a lifetime.



Tara Owens  
Youth Fitness Dir.

### KIDZPOWER

A unique children's fitness program conducted in the Kid's Club gym at the City Club for children. It is taught by dynamic instructors with age appropriate equipment, music and motivation/education every step of the way! Cardio, strength training, yoga, Pilates, obstacle course and lots of fun!

### FITKIDS

Incorporates fun-filled fitness experiences using props & music.

## THE KIDS CLUB NEWS

The Kids Club is free with your CHILD'S Membership.

If your child is not listed as a Member a \$15 guest fee will be applied.

The Kids' Club will have extended hours on March 30th, April 2nd-6th, May 28th - June 22nd and July 2nd - August 10th from 8:30-11 AM. The Kids Club will be closed July 25th-29th for the Fitness Fun Program.



## ADULT TENNIS EVENTS

### Cardio Tennis

Tuesdays, 6:00 - 7:00 PM and  
 Fridays, 8:30 - 9:30 am  
 A complimentary group tennis class set to music.

### Men's Tennis Morning

Saturdays, 9:00 - 11:00 am  
 Round robin play on Saturdays.  
 This event is Complimentary!

# YOUTH TENNIS

### Red Balls: Ages 4-7 (All Levels)

#### Offered Year Round

Fun! Movement and Tennis Shapes. Great prep for preschool, impulse control, physical skills. Important for all sports. A parent is required to attend each lesson.

Instructor: Chase & Dom

Times: Monday & Wednesday, 5:00-6:00 PM

Racquet Size: 17-19 Inches

Cost: \$15 per session

### Orange Balls: Ages 8-10

#### Offered Year Round

Learn to serve, rally and play!

Instructor: Chase & Dom

Times: Monday & Wednesday, 5:00-6:00 PM

Cost: \$15 per session

### Intermediate: Ages 10-16 ~ Offered Year Round

This is a class for kids who have learned the basics and are ready to try competition. Class will focus on point construction, mental choices and styles of play.

Instructor: Ashley Rhoney

Times: Tuesdays & Thursdays, 5:00-6:00 PM

Cost: \$20 per session

### Advanced Program

**(This program runs 12 months during the year.)**

For the serious Junior player who has obtained a state ranking and is striving for Southern and National rankings. Drills, match-play, off-court conditioning and strength training are included in this program.

Instructor: Buck & Austin

Times: Monday & Wednesday 4:00-6:00 PM

Costs: \$40.00 per session

## More Information & Registration

**337-216-6588**