



Group fitness October 18–November 19th

Reservations required for Spin only

	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	5:30 AM	Morning Madness	Holly	Group Fitness Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room
	8:15 AM	HIIT	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	Silver Sneakers*	Jennifer	Butler-Mason
	9:00 AM	Power Muscle	Suzanna	Group Fitness Studio
	9:00 AM	Flow & Restore Yoga	Katherine	Yoga & Pilates Studio
	10:00 AM	AIM	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga*	Sissy	Community Room
	10:00 AM	Aqua Fit	Susan H.	Butler-Mason Pool
	11:00 AM	Country Line Dance	Suzanna	Group Fitness Studio
	11:00 AM	Aqua Fit*	Lillian	Everett-Milton Pool
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:15 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:30 PM	Afternoon Express	Bonita	Group Fitness Studio
	5:30 PM	Spin	Holly	Spin Room
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
5:30 PM	Old School	Rhonda	Group Fitness Studio	
6:30 PM	Zumba	Jenny	Group Fitness Studio	
Tuesday	5:15 AM	Cardio Barre	Melody	Group Fitness Studio
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:00 AM	CORE Pilates	Erin	Group Fitness Studio
	8:30 AM	Yoga	Jill T	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Suzanna	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	9:15 AM	Aqua Fit	Lillian	Weston Pool
	10:00 AM	Chair Yoga*	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Gold	Narvareaz	Group Fitness Studio
	11:00 AM	Aqua Fit*	Lillian	Everett-Milton Pool
	11:30 AM	Silver Sneakers*	Rachel	Community Room
	12:10 PM	Spin	Kim	Spin Room
	1:30 PM	30 MIN Power yoga flow	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
5:00 PM	Aqua Fit*	Volunteer Led	Everett-Milton Pool	
5:15 PM	Deep Fit*	Amanda	Everett-Milton Pool	
5:30 PM	Spin	Rhonda	Spin Room	
5:30 PM	Dance Cardio	Sabrina	Group Fitness Studio	
Wednesday	5:30 AM	Morning Madness	Holly	Group Fitness Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room
	8:00 AM	Power Pump	Erin	Group Fitness Studio
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool
	9:00 AM	Silver Sneakers*	Jennifer	Butler-Mason
	9:00 AM	Cardio	Erin	Group Fitness Studio
	9:00 AM	Flow & Restore Yoga	Katherine	Yoga & Pilates Studio
	10:00 AM	AIM	Rachel	Group Fitness Studio
	10:00 AM	Chair Yoga*	Lucretia	Community Room
	10:00 AM	Aqua Fit	Susan H.	Butler-Mason Pool
	11:00 AM	Aqua Fit*	Lucretia	Everett-Milton Pool
	11:00 AM	Country Line Dance	Suzanna	Group Fitness Studio
	12:10 PM	Lunch Express	Kim	Group Fitness Studio
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio
	4:30 PM	Kids Zumba	Jenny	Community Room
	4:15 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:30 PM	Afternoon Express	Bonita	Group Fitness Studio
5:30 PM	Knock it off	Shawn	Group Fitness Studio	
5:30 PM	Spin	Suzanna	Spin Room	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
Thursday	5:15 AM	Cardio Barre	Melody	Group Fitness Studio
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Spin Room
	8:00 AM	CORE Pilates	Erin	Group Fitness Studio
	9:00 AM	Yoga	Jill T	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Erin	Group Fitness Studio
	9:15 AM	Silver Spin	Rachel	Spin Room
	9:15 AM	Aqua Fit	Lillian	Weston Pool
	10:00 AM	Chair Yoga*	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Gold	Narvareaz	Group Fitness Studio
	11:00 AM	Aqua Fit*	Lillian	Everett-Milton Pool
	11:30 AM	Silver Sneakers*	Rachel	Community Room
	12:10 PM	Spin	Kim	Spin Room
	1:30 AM	30 MIN Power yoga flow	Kim	Group Fitness Studio
	1:15 PM	Restorative Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	RIP	Holly	Group Fitness Studio
5:00 PM	Aqua Fit*	Volunteer Led	Everett-Milton Pool	
5:15 PM	Deep Fit*	Amanda	Everett-Milton Pool	
5:30 PM	Dance Cardio	Sabrina	Group Fitness Studio	
5:30 PM	Spin	Rhonda	Spin Room	
	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:10 AM	Yoga	jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room

*Friday schedule continued on the back

Friday	8:15 AM	HIIT	Erin	Group Fitness Studio	
	8:15 AM	Deep Fit	Lee	Everett-Milton Pool	
	9:00 AM	Silver Sneakers*	Jennifer	Butler Mason	
	9:00 AM	Power Muscle	Suzanna	Group Fitness Studio	
	10:00 AM	AIM	Susan	Group Fitness Studio	
	10:00 AM	Chair Yoga*	Rachel	Community Room	
	10:00 AM	Aqua Fit	Susan H.	Butler-Mason Pool	
	11:00 AM	Country Line Dance	Bonnie	Group Fitness Studio	
	11:00 AM	Aqua Fit*	Lucretia	Everett-Milton Pool	
	12:10 PM	Lunch Express	Kim	Group Fitness Studio	
	1:10 PM	Yoga	Kim	Yoga & Pilates Studio	
	4:30 PM	Power Muscle	Megan A	Group Fitness Studio	
	Sat.	8:00 AM	Yoga	Margina	Yoga & Pilates Studio
		9:00 AM	Spin	TBA	Spin Room
10:00am		instructor choice	TBA	Group Fitness Studio	

RESERVATIONS REQUIRED FOR SPIN CLASS ONLY

to reserve a spot go to <https://thomasville.recliquecore.com/classes>, select the day and class.

Classes become available 23 hours in advance.

If you cannot make a class you signed up for, please make sure to remove yourself from the class to open up spots for others. To remove yourself from a class, see the confirmation email you recieved, scroll down and click on "click here to remove yourself from this program"

**CHILD WATCH
(now located downstairs)**

**FREE TO MEMBERS
WORKOUTS ONLY**

MON - FRI : 8 AM - 12 PM | 4PM - 8PM

SATURDAY: 8 AM - 11 AM

AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
Cardio Barre	Strengthen your core while toning muscles at a high energy level with low impact to make your joints happy.
Kickboxing	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
Lunch/Afternoon Express	A 45 minute total body workout.
Country Line Fusion	An aerobic fitness workout centered around Country Line Dance while infusing various other dances including Salsa, Cha-Cha, Belly Dance, Hip Hop, Samba, Merengue, Swing and more.
Dance Cardio	Similar to zumba, a fast pasted dance aerobics class sure to get your heart pumping and your face smiling!
HIIT	High intensity interval training, otherwise referred to as HIIT – a type of workout that combines short bursts of high-intensity exercise with low to moderate-intensity exercises or rest periods.
Hip Hop Step Cardio	This step class is sure to do both! Traditional step moves that will incorporate cardio and dance with hip hop music that is sure to make you have fun & burn mega calories!
Kickboxing	A cardio workout that incorporates punches, kicks, ply metrics and more. You will burn mega calories. Great for the beginner or the experienced.
Morning Madness	This circuit style class is guaranteed to wake you up!
Old School	This class is full of "old school" basic step, squats, hydrants, leg lifts and more that are sure to get your heart pumping and muscles burning!
Pilates	This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
Power Muscle	Work every major muscle group in the body. Strengthens, conditions, tones, and defines!
Rip	Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
Silver Spin	Beginner Spin targeting the Active Older Adult, but great for any level!
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling
Yoga*	This program incorporates the best of stretch, strength, and stabilization training. Exercises are designed to develop strength and flexibility to counter balance the stress of day to day life. *see separate yoga schedule for more detailed yoga descriptions for various yoga classes
Chair Yoga	Perfect for beginning yoga students & those with physical challenges who find it difficult to get on & off the floor as required in a traditional yoga class. The postures are chosen to protect joints, strengthen balance and increase
Zumba	One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic fitness workout.
Gold	Less intense, with dance routines designed for beginners and older adults who may have limited capabilities.