



GROUP FITNESS SCHEDULE - September 2020*

Indicates new class or instructor

*Begins Sept 8th

RESERVATIONS REQUIRED FOR MOST CLASSES, SEE DETAILS ON BACK

	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room
	8:15 AM	HIIT	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers*	Jennifer	Butler-Mason
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	10:00 AM	AIM	Nancy	Group Fitness Studio
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	10:00 AM	Aqua Fit*	Susan	Butler-Mason Pool
	10:00 AM	Chair Yoga*	Sissy	Community Room
	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	Kids Zumba	Jenny	Community Room
	4:30 PM	Afternoon Express	Bonita	Group Fitness Studio
	5:30 PM	Rip and Ride	Holly	Group Fitness Studio
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
6:30 PM	Old School	Rhonda	Group Fitness Studio	
Tuesday	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Group Fitness Studio
	8:00 AM	Pilates	Melissa	Group Fitness Studio
	9:00 AM	Yoga	Jill T.	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga*	Lucretia	Community Room
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Gold	Nancy	Group Fitness Studio
	12:10 PM	Spin	Kim	Group Fitness Studio
	1:15 PM	Power Yoga	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	Spin	Suzanna	Group Fitness Studio
	5:00 PM	Aqua Fit*	Karen	Everett-Milton Pool
	5:15 PM	Deep Fit*	Amanda	Everett-Milton Pool
	5:30 PM	Zumba	Sabrina	Group Fitness Studio
5:30 PM	Power Flow	Erin	Yoga & Pilates Studio	
6:30 PM	Spin	Bonita	Group Fitness Studio	
Wednesday	5:30 AM	Boga Fit	Jill T.	Butler-Mason Pool
	5:30 AM	Morning Madness	Jill R.	Group Fitness Studio
	6:00 AM	Power Flow Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room
	8:00AM	Power Pump	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers*	Jennifer	Butler-Mason
	9:00 AM	Dance Fitness	Megan	Group Fitness Studio
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	Aqua Fit*	Susan	Butler-Mason Pool
	10:00 AM	AIM	Nancy	Group Fitness Studio
	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
	4:15 PM	Holy Yoga	Maggie	Yoga & Pilates Studio
	4:30 PM	Kids Zumba	Jenny	Community Room
	4:30 PM	Afternoon Express	Bonita	Group Fitness Studio
5:30 PM	Rip and Ride	Holly	Group Fitness Studio	
5:30 PM	Yoga	Joanne	Yoga & Pilates Studio	
6:30 PM	Strong	Sissy	Group Fitness Studio	
Thursday	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Group Fitness Studio
	8:00 AM	Pilates	Melissa	Group Fitness Studio
	9:00 AM	Yoga	Margina	Yoga & Pilates Studio
	9:00 AM	Kickboxing	Megan	Group Fitness Studio
	10:00 AM	Chair Yoga*	Lucretia	Community Room
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	10:00 AM	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Gold	Nancy	Group Fitness Studio
	11:00 AM	Aqua Fit*	Lillian	Everett-Milton Pool
	12:10 PM	Spin	Kim	Group Fitness Studio
	1:15 PM	Power Yoga	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	Spin	Suzanna	Group Fitness Studio
	5:00 PM	Aqua Fit*	Karen	Everett-Milton Pool
5:15 PM	Deep Fit*	Amanda	Everett-Milton Pool	
5:30 PM	Zumba	Sabrina	Group Fitness Studio	
5:30 PM	Yoga	Amanda	Yoga & Pilates Studio	
6:30 PM	Spin	Bonita	Group Fitness Studio	

*Schedule continued on the back

Friday	5:30 AM	Pilates	Lauren	Group Fitness Studio
	6:00 AM	Yoga	Jenna	Yoga & Pilates Studio
	6:15 AM	Early Bird*	Volunteer Led	Board Room
	8:15 AM	HIIT	Erin	Group Fitness Studio
	9:00 AM	Silver Sneakers*	Jennifer	Butler Mason
	9:00 AM	Power Muscle	Megan	Group Fitness Studio
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	Aqua Fit*	Susan	Butler-Mason Pool
	10:00 AM	AIM	Susan	Group Fitness Studio
	11:00 AM	Country Line Dance	Suzanna	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
	5:30 PM	Spin	Rhonda	Group Fitness Studio
Sat	8:15 AM	Yoga	TBA	Yoga & Pilates Studio
	9:30 AM	Spin	TBA	Group Fitness Studio

*reservations not required

RESERVATIONS STILL REQUIRED TO JOIN CLASSES

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"

(reservations not needed for: aquatics classes, chair yoga, & SilverSneakers)

CHILD WATCH

(now located downstairs)

FREE TO MEMBERS WORKOUTS ONLY

MON - FRI

8:00 AM - 12 PM

MON & WED

4 PM-7PM

Tue & Thur

4PM-8PM

AIM	Adults in motion! An exercise class designed for those 55 years and up incorporating cardiovascular training, flexibility, strength, and balance.
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 30 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 Fitness	Similar to zumba, a fast paced 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.
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" 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 And Ride	Combine cardio on the spin bike and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat!
Spin	Join in for an exciting, high-calorie burning workout that utilizes motivational techniques and music, while cycling indoors.
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 range of movement.
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.