



January Group Fitness

Reservations required for Spin only

updated 1/1/2022

| | 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 | SilverSneakers | Jennifer | Butler-Mason |
| | 9:00 AM | Power Muscle | Suzanna | Group Fitness Studio |
| | 9:00 AM | Flow & Restore Yoga | Katherine | Yoga & Pilates Studio |
| | 9:55 AM | Aqua Fit | Susan H. | Everett-Milton Pool |
| | 10:00 AM | AIM | Rachel | Group Fitness Studio |
| | 10:00 AM | Chair Yoga | Sissy | Community Room |
| | 10:00 AM | Spin | Deb | Spin 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 | Afternoon Express | Bonita | Group Fitness Studio |
| | 5:30 PM | Spin | Holly | Spin Room |
| | 5:30 PM | Yoga | Joanne | Yoga & Pilates Studio |
| 5:30 PM | Knock It Off | Shawn | 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 |
| | 10:00 AM | Chair Yoga | Lucretia | Community Room |
| | 10:00 AM | Zumba | Sissy | Group Fitness Studio |
| | 10:15 AM | Simply Stretch | Rachel | Yoga & Pilates Studio |
| | 11:00 AM | Zumba Soul | Narvareaz | Group Fitness Studio |
| | 11:00 AM | Aqua Fit | Lillian | Everett-Milton Pool |
| | 11:30 AM | SilverSneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Kim | Spin Room |
| | 1:15 PM | 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 |
| | 5:00 PM | Happy Hour Barre | Sissy | Yoga & Pilates Studio |
| 5:30 PM | Warm Yoga | Sissy | Yoga & Pilates Studio | |
| 5:15 PM | Deep Fit | Amanda | Everett-Milton Pool | |
| 5:30 PM | Spin | Suzanna | Spin Room | |
| 5:30 PM | Old School - *Starts 1/11/22* | Rhonda | 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 | SilverSneakers | Jennifer | Butler-Mason |
| | 9:00 AM | Zumba | Angela | Group Fitness Studio |
| | 9:00 AM | Flow & Restore Yoga | Katherine | Yoga & Pilates Studio |
| | 9:55 AM | Aqua Fit | Susan H. | Everett-Milton Pool |
| | 10:00 AM | AIM | Rachel | Group Fitness Studio |
| | 10:00 AM | Chair Yoga | Lucretia | Community Room |
| | 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 | Kids Zumba | Jenny | Community Room |
| | 4:15 PM | Holy Yoga | Maqqie | Yoga & Pilates Studio |
| | 4:30 PM | Afternoon Express | Bonita | Group Fitness Studio |
| | 4:30 PM | Spin | Deb | Spin Room |
| | 5:30 PM | Knock It Off | Shawn | Group Fitness Studio |
| 5:30 PM | Yoga | Joanne | Yoga & Pilates Studio | |
| Thursday | 5:15 AM | Pumped Up Strength | 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 |
| | 10:00 AM | Chair Yoga | Lucretia | Community Room |
| | 10:00 AM | Zumba | Sissy | Group Fitness Studio |
| | 10:15 AM | Simply Stretch | Rachel | Yoga & Pilates Studio |
| | 11:00 AM | Zumba Soul | Narvareaz | Group Fitness Studio |
| | 11:00 AM | Aqua Fit | Lillian | Everett-Milton Pool |
| | 11:30 AM | SilverSneakers | Rachel | Community Room |
| | 12:10 PM | Spin | Kim | Spin Room |
| | 1:15 PM | 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 | Zumba | Angela | Group Fitness Studio | |
| 5:30 PM | Spin | Rhonda | Spin Room | |

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| Friday | 5:30 AM | Pilates | Lauren | 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 | Power Flow | Erin | Yoga & Pilates Studio |
| | 9:00 AM | SilverSneakers | Jennifer | Butler Mason |
| | 9:00 AM | Power Muscle | Suzanna | Group Fitness Studio |
| | 9:55 AM | Aqua Fit | Susan H. | Everett-Milton Pool |
| | 10:00 AM | AIM | Susan | Group Fitness Studio |
| | 10:00 AM | Chair Yoga | Rachel | Community Room |
| | 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 |
| | Sat. | 8:00 AM | Yoga | TBA |
| 9:00 AM | | Spin | TBA | Spin Room |

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 received, scroll down and click on "click here to remove yourself from this program"

CHILD WATCH

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|---------------------------|---|
| 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. |
| 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. |
| Country Line Dance | An aerobic fitness workout centered around Country Line Dance. |
| Dance Cardio | Similar to zumba, a fast pasted dance aerobics class sure to get your heart pumping and your face smiling! |
| Early Bird | Old style calisthenics and stretching |
| Zumba Soul | Less intense, with dance routines designed for beginners and older adults who may have limited capabilities. |
| 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. |
| Lunch Express | A 45 minute total body workout. |
| 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! |
| Core | 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! |
| Power Pump | A workout that challenges all the major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great for any fitness level! |
| Pumped Up Strength | A new approach to resistance training utilizing combination movement patterns for the upper and lower body set to fun music! |
| Rip / Knock It Off | Combine cardio and strength training for the ultimate full body workout that will tone your muscles and burn fat leaving you dripping with sweat! |
| SilverSneakers | 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 SilverSneakers ball |
| 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 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 |
| Zumba | One of the fastest growing dance based classes, Zumba fuses hypnotic Latin rhythm and easy to follow moves to |