



GROUP FITNESS SCHEDULE - January 2021*

Indicates new class or instructor

*Begins Jan 4 RESERVATIONS REQUIRED FOR MOST CLASSES

	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
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	AIM	Nancy	Group Fitness Studio
	10:00 AM	Power Flow	Erin	Yoga & Pilates Studio
	10:00 AM	Chair Yoga*	Sissy	Community Room
	10:00 AM	Aqua Fit	Volunteer Led	Everett-Milton 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	Kids Zumba	Jenny	Community Room
	4:30 PM	Afternoon Express	Bonita	Group Fitness Studio
	5:30 PM	Rip and Ride	Holly	Old Spin Room
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
	6:30 PM	Old School	Rhonda	Group Fitness Studio
Tuesday	5:30AM	Cardio Core	Melody	Community Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Old Spin Room
	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
	11:00 AM	Aqua Fit*	Lillian	Everett-Milton Pool
	11:30 AM	Silver Sneakers*	Rachel	Community Room
	12:10 PM	Spin	Kim	Old Spin Room
	1:15 PM	Power Yoga	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	OFC	Holly	Gym Alley
	5:00 PM	Aqua Fit*	Volunteer Led	Everett-Milton Pool
	5:15 PM	Deep Fit*	Amanda	Everett-Milton Pool
	5:30 PM	Spin *class begins Jan 12	Suzanna	Old Spin Room
	5:30 PM	Dance Cardio	Sabrina	Group Fitness Studio
Wednesday	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 Cardio	Megan	Group Fitness Studio
	9:00 AM	Yoga	Amanda	Yoga & Pilates Studio
	10:00 AM	AIM	Nancy	Group Fitness Studio
	10:00 AM	Chair Yoga*	Rachel	Community Room
	10:00 AM	Aqua Fit	Lucretia	Everett-Milton 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
	4:15 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	Old Spin Room
	5:30 PM	Yoga	Joanne	Yoga & Pilates Studio
Thursday	5:30 AM	Cardio Core	Melody	Community Room
	5:30 AM	Yoga	Jill T.	Yoga & Pilates Studio
	5:30 AM	Spin	Lauren	Old Spin Room
	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	Zumba	Sissy	Group Fitness Studio
	11:00 AM	Gold	Nancy	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	Old Spin Room
	1:15 PM	Power Yoga	Kim	Group Fitness Studio
	1:15 PM	Yoga	Lucretia	Yoga & Pilates Studio
	4:30 PM	OFC	Holly	Gym Alley
	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 *class begins Jan 14	Suzanna	Old Spin Room
	5:30 PM	Yoga	Amanda	Yoga & Pilates Studio
	6:30 PM	Old School	Rhonda	Group Fitness Studio
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
	10:00 AM	AIM	Susan	Group Fitness Studio
*schedule continued on back				

Fri (cont)	10:00 AM	Chair Yoga*	Rachel	Community Room
	10:00 AM	Aqua Fit	Volunteer Led	Everett-Milton 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
	5:30 PM	Spin	Rhonda	Old Spin Room
Sat.	8:15 AM	Yoga	TBA	Yoga & Pilates Studio
	9:30 AM	Spin	TBA	Old Spin Room

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 required for: Chair Yoga, & SilverSneakers)

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 Core	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 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 Cardlo	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.
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!
OFC	Outdoor Fitness Class – A boot camp style class full of dynamic fun and challenging moves sure to give you a killer workout!
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, strenthen 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.