



FITNESS CLASS SCHEDULE

130 Commons Way, Central, SC 29630

www.centralclemsonrec.com

864-624-1138

Time		Class
Start	End	
MONDAY		
5:30 AM	6:15 AM	**Ride
8:00 AM	8:50 AM	Barre
9:00 AM	10:00 AM	Build It, Burn It
10:15 AM	11:15 AM	***Senior Fitness
5:30 PM	6:15 PM	HIIT
6:30 PM	7:30 PM	Cycle
TUESDAY		
7:30 AM	8:15 AM	Barre
8:30 AM	9:30 AM	* Yoga
10:10 AM	10:40 AM	Senior Move and Tone
10:45 AM	11:45 AM	Senior Fitness (Parks & Rec Class)
5:30 PM	6:30 PM	Cardio Core
WEDNESDAY		
5:30 AM	6:15 AM	**Ride
8:30 AM	9:30 AM	TRX®/Pilates Fusion
10:15 AM	11:15 AM	***SilverSneakers® Circuit
11:30 AM	12:30 PM	***SilverSneakers® Circuit
4:00 PM	5:00 PM	Pilates
5:30 PM	6:15 PM	HIIT
6:30 PM	7:30 AM	Cycle
THURSDAY		
7:30 AM	8:15 AM	Barre
8:30 AM	9:30 AM	* Yoga
9:45 AM	10:30 AM	Tabata Interval Training
10:45 AM	11:45 AM	Senior Fitness (Parks & Rec Class)
FRIDAY		
5:30 AM	6:15 AM	**Ride
8:00 AM	8:50 AM	Barre
9:00 AM	10:00 AM	Feel the Beat
10:15 AM	11:15 AM	***SilverSneakers® Circuit
11:30 AM	12:30 PM	***SilverSneakers® Circuit
SATURDAY		
9:00 AM	10:00 AM	*Yoga

CLASS DESCRIPTIONS ON THE BACK

Cycling/Ride	Indoor cycling on a stationary bike in a classroom setting. This workout focuses on endurance and strength through high intensity intervals and recovery.
Build It, Burn It	You are sure to enjoy this high energy workout! Build muscle and burn calories through intervals of weight training and cardio exercises.
HIIT	High Intensity Interval Training! This class is made up of timed intervals of cardio and strength training.
Senior Fitness & Senior Fitness Parks & Rec	This class utilizes light resistance, weights and movement for a workout tailored to all skill levels. Chairs are used in this class and the workout can be modified to make it more or less intense based on your skill level.
Step Up / HIIT	Bringing you a total body cardio and strength workout. Combining STEP, HIIT and DUMBELLS. Get your heart pumping and the calories burning with this 45 minutes Step HIIT workout!
Tabata Interval Training	A 45 minute interval training class balancing upper-body, lower-body, and cardio intervals for a complete workout!
SilverSneakers® Classic	Have fun through a variety of exercises designed to increase muscular strength and range of movement in order to aid in carrying out daily activities. Tools include a chair, hand weights, elastic tube, and a SilverSneakers® ball.
Barre	Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre also focuses on high reps of small range movements.
* Yoga	Yoga involves dynamic, energetic and calming movements designed to help build strength, body awareness, stamina, balance and mindfulness. These classes are open to all skill levels.
Senior Move and Tone	Burn calories while you move with the music. Adding resistance by using lightweight will help you focus on specific muscle groups, so you and your muscle stay engaged! Light weights will enhance your sense of rhythm and coordination, while you are toning targeted zones, including arms, core, and lower body. This class will be taught by Nefis until Melanie can return to teach her BOOM-X classes.
Feel the Beat	A modified dance class for the active older adults that recreates the original moves you love at a lower intensity. The design of this class introduces easy-to-follow dance choreography that focuses on balance, range of motion and coordination.
TRX®	Strength training using a TRX Suspension Trainer that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.
TRX®/Pilates Fusion	TRX & Pilates combined to focus on Core, Strength and Stability. This class combines suspension training with intervals of Pilates with mat work, using stability balls and light weights. See amazing benefits when you blend the two together!
SilverSneakers® Circuit	Combine fun with fitness through alternating between cardiovascular and muscular endurance with a standing circuit workout. Use weights, elastic tubing, and SilverSneakers® ball. Chairs provided for support when needed.
Pilates	Pilates uses body weight movements to build balance, strength and flexibility. It is low impact and can be adjusted for any fitness level.
Cardio Core	Low to moderate impact cardio to increase cardio endurance and burn calories, plus, standing and floor abdominal exercises for toning core muscle groups.

* - Classes denoted by a single astric are fee classes. They are \$3 per class for members and \$6 for non-members. Purchasing a day pass entitles you to the member rate. You must be at least 15 years old to participate in classes. Senior Fitness on Tues. and Thurs. is run by the Clemson Parks and Recreation Department. For details please contact Nettles Park at (864)624-1120

** - Classes denoted by double astrics are member led classes and may or may not have instruction.

*** - Classes denoted by triple astrics are open to any non member for just \$2 per class.