



# FITNESS CLASS SCHEDULE

130 Commons Way, Central, SC 29630  
 www.centralclemsonrec.com  
 864-624-1138

TIME		CLASS
STARTS	ENDS	
<b>MONDAY</b>		
5:30 AM	6:15 AM	Ride
9:00 AM	10:00 AM	Build It, Burn It
10:15 AM	11:15 AM	SilverSneakers® Classic
5:30 PM	6:15 PM	HIIT
6:30 PM	7:30 PM	Kickboxing
<b>TUESDAY</b>		
8:30 AM	9:30 AM	* Yoga
9:40 AM	10:40 AM	Dance Fusion
10:45 AM	11:45 AM	Senior Fitness(Parks & Rec Class)
5:30 PM	6:15 PM	Step Up/HIIT
6:30 PM	7:15 PM	Cycling
<b>WEDNESDAY</b>		
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	Chair Yoga
6:00 PM	7:00 PM	Barbell Pump
<b>THURSDAY</b>		
8:30 AM	9:30 AM	* Yoga
9:40 AM	10:40 AM	Dance Fusion
10:45 AM	11:45 AM	Senior Fitness (Parks & Rec Class)
5:30 PM	6:15 PM	TRX® Mix
6:30 PM	7:30 PM	*Yoga
<b>FRIDAY</b>		
5:30 AM	6:15 AM	Ride
9:00 AM	10:00 AM	Zumba Gold
10:15 AM	11:15 AM	SilverSneakers® Circuit
6:30 PM	7:30 PM	Kickboxing
<b>SATURDAY</b>		
9:00 AM	10:00 AM	*Yoga

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.
Dance Fusion	Dance Fusion is a fun filled, calorie torching workout class that is choreographed to target all major muscle groups!
Senior Fitness (Parks & Rec Class)	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.
Kickboxing	Kickboxing is a great benefit to stamina and strength. Punch and kick your way to the top as you train like an athlete!
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!
Chair Yoga	Chair Yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.
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.
* Yoga	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.
Zumba Gold	A modified Zumba 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 Zumba choreography that focuses on balance, range of motion and coordination
Barbell Pump	Barbell Pump is an upbeat, high energy class that targets specific muscle groups throughout the class with the use of barbell training with the goal to train and tone muscles
TRX® Mix	Get your strength training and your cardio all in one fun, challenging, sweaty hour! Using a TRX Suspension Trainer that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously, MIXED with medium to high intensity cardio intervals
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.

Fee Classes are denoted by an \* and 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