Central-Clemson Recreation Center (Updated 7/23/2026)

FITNESS CLASS SCHEDULE

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

Time		Class
Start	**End**	
MONDAY		
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
11:30 AM	12:30 PM	Move with Beats
12:30 PM	1:30 PM	Chair Yoga
4:15 PM	5:15 PM	Zumba Toning
5:30 PM	6:30 PM	Sweat and Sculpt Circuit
TUESDAY		
8:30 AM	9:30 AM	* Yoga
9:40 AM	10:35 AM	Zumba®
10:45 AM	11:30 AM	Total Body Sculpt
11:45 AM	12:30 PM	Senior Fitness (Parks & Rec Class)
5:30 PM	6:30 PM	Zumba®
6:45 PM	7:45 PM	Line Dancing
WEDNESDAY		
8:00 AM	8:45 AM	TRX®/Strength
9:00 AM	9:45 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
THURSDAY		
8:30 AM	9:30 AM	* Yoga
9:45 AM	10:30 AM	Tabata Interval Training
10:45 AM	11:30 AM	Total Body Sculpt
11:45 AM	12:30 PM	Senior Fitness (Parks & Rec Class)
5:30 PM	6:30 PM	Zumba®
FRIDAY		
8:00 AM	8:50 AM	Barre
9:00 AM	10:00 AM	Dance Fusion
10:15 AM	11:15 AM	***SilverSneakers® Circuit
11:30 AM	12:30 PM	***SilverSneakers® Circuit
SATURDAY		
9:00 AM	10:00 AM	*Yoga

* - Classes denoted by a single asterisk are fee classes. They are $3 per class for members and a day pass for non-members ($8 or $10). Purchasing a day pass entitles you to the member rate. / ** - Classes denoted by virtual classes. / *** - Classes denoted by triple asterisk are open to any non member for just $3 per class.

Senior Fitness on Tues. and Thurs. is run by the Clemson Parks and Recreation. For details please contact Nettles Park.,

All other classes require a membership or day pass to attend. Youth, 12-14 yrs old can participate with a parent's supervision. You must be at least 15 yrs old to participate in classes without a parent.

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!
Chair Yoga	Chair yoga is a modified form of yoga that is designed for people who have difficulty standing or balancing. It is a gentle and accessible way to practice yoga poses, using a chair for support
Stretch and Flexiblitlity	This class is designed to improve posture, stiff joints, and tight muscles.
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.
Move With Beats	Designed for all fitness levels, this class incorporates the use of lightly weighted drumsticks and stability balls. You become one with the music and get a full-body workout that combines cardio, conditioning, and strength training.
Dance Fusion	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®/Strength	Traditional TRX suspension training with classes varying each week by mixing in weights or aerobic steps (like adding a step to deep squats and lunges) alongside classic TRX moves.
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.
Zumba	Zumba ® is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it all is that it doesn't even feel like exercise!
Total Body Sculpt	This class combines muscle-sculpting interval strength work with energizing cardio bursts to help you build lean muscle and burn calories. Boost your metabolism in our fun, supportive, judgement-free environment.
Line Dancing	Whether you're looking for fitness, friendship, or just a good time on the dance floor, this class is the perfect place to start. We'll groove to favorites like the Cha Cha Slide, Cupid Shuffle and Electric Slide, plus lively routines such as Shake It, My Maria, Something in the Water and more
Zumba Toning	This class combines targeted body-sculpting exercises and a high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party! Using Zumba® toning sticks or light-weight dumbbells, you'll work every muscle group while you groove to the music!
Sweat and Sculpt Circuit	This fun, energetic class, uses a mix of stations to keep you moving, laughing, and working hard. By constantly shifting gears to target different muscle groups, we keep your heart rate up and your muscles guessing.

ALL SCHEDULES ARE SUBJECT TO CHANGE