



Central-Clemson Recreation Center

# FITNESS CLASS SCHEDULE

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

Time		Class
Start	End	
<b>MONDAY</b>		
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
5:30 PM	6:15 PM	Spin (Begins Jan 13th)
6:30 PM	7:30 PM	HIIT (Begins Jan 13th)
<b>TUESDAY</b>		
7:30 AM	8:15 AM	Spinlates (Begins Jan 14th)
8:30 AM	9:30 AM	* Yoga
9:45 AM	10:30 AM	Morning Muscle (Begins Jan 14th)
10:45 AM	11:45 AM	Senior Fitness (Parks & Rec Class)
6:30 PM	7:30 PM	Stretch and Flexibility (Begins Jan 14th)
<b>WEDNESDAY</b>		
7:30 AM	8:15 AM	Spinlates (Begins Jan 15th)
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	6:30 PM	Ballroom Dancing
<b>THURSDAY</b>		
7:30 AM	8:15 AM	Spinlates (Begins Jan 16th)
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)
5:30 PM	6:30 PM	Zumba®
6:45 PM	7:30 PM	Stretch and Flexibility (Begins Jan 16th)
<b>FRIDAY</b>		
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
<b>SATURDAY</b>		
9:00 AM	10:00 AM	*Yoga



CLASS DESCRIPTIONS ON THE BACK. ALL SCHEDULES ARE SUBJECT TO CHANGE

- \* - Classes denoted by a single asteric 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 asterics are member led classes and may or may not have instruction.
- \*\*\* - Classes denoted by triple asterics are open to any non member for just \$2 per class.

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!
Spinlates	With spinlates you will work to improve cardiovascular endurance with spin for the half of the class, followed by developing strength and mobility with Pilates for the second half.
Stretch and Flexiblility	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 awarness, 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 intesity. 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.
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!
Ballroom Dancing	This class will cover various styles of ballroom dancing in both smooth and Latin frames including waltz, foxtrot, tango, cha cha, rumba and more.
Morning Muscle	Join Morning Muscle and you will build the confidence that comes with knowing that you have the strength and endurance to take on whatever the day throws at you.

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