



FITNESS CLASS SCHEDULE

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

TIME		CLASS
STARTS	ENDS	
MONDAY		
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
TUESDAY		
8:30 AM	9:30 AM	* Yoga
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	Pilates
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	Chair Yoga
6:00 PM	6:45 PM	Barre (Begins July 13th)
THURSDAY		
8:30 AM	9:30 AM	* Yoga
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
FRIDAY		
5:30 AM	6:15 AM	Ride
9:00 AM	10:00 AM	Feel the Beat
10:15 AM	11:15 AM	SilverSneakers® Circuit
6:00 PM	6:45 PM	Barre (Begins July 15th)
SATURDAY		
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.
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.
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.
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	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.
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
Pilates	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.
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