



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
6:30 PM	7:30 PM	Cycle
TUESDAY		
8:30 AM	9:30 AM	* Yoga
9:45 AM	10:30 AM	BOOM X Move
10:45 AM	11:45 AM	Senior Fitness(Parks & Rec Class)
5:30 PM	6:30 PM	TRX®
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
5:30 PM	6:15 PM	Barre
6:30 PM	7:30 PM	Cycle
THURSDAY		
8:30 AM	9:30 AM	* Yoga
9:40 AM	10:30 AM	BOOM X Muscle
10:45 AM	11:45 AM	Senior Fitness (Parks & Rec Class)
5:30 PM	6:15 PM	Tabata Interval Training
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
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 (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!
Tabata Interval Training	A 45 minute high intensity 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.
BOOM-X-Muscle	An action-packed 45 minute workout intended to build muscular strength and cardiovascular endurance. The class combines muscle conditioning blocks with cardio activity drills for a fun yet challenging workout. A dedicated session for core work and flexibility will end the class
BOOM-X Move	Boom-X-Move is a 45 minute cardio workout featuring easy to follow dance-inspired choreography. As long as you have fun and keep moving you're sure to get a great workout.
* 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
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.

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