



## Summer 2018 Group Fitness Schedule

Questions, comments or concerns?

Email Group Fitness Director, Mica Mitchell O'Dell

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FAC Club hours

Mon- Thu 5 AM - 10 PM Fri 5 AM - 8 PM Sat/Sun 7 AM - 8 PM

Time	Class	Instructor/Location
<b>Monday</b>		
5:30 AM	Warm Sunrise Yoga	Lori/Small
5:30 AM	BodyPump *	Rick/Large
5:30 AM	Precision Cycling *	Steve V/Cycle
8:30 AM	BodyPump *	Larissa-Tamara/Large
8:45 AM	Healthy Hot Yoga *	Nicole/FACTory
8:45 AM	Aqua Aerobics (75mins)	Sue/Pool
9:00 AM	Cardio Tennis*	Tennis
9:00 AM	RPM*	Catherine/Cycle
9:30 AM	B <sup>5</sup> *	Margie-Mica/Large
10:00 AM	Hot Yoga Sculpt*	Rebecca/Factory
10:30 AM	YAH	Reuben/Large
Noon	BodyPump*	Melissa/Large
4:30 PM	BodyPump *	Steve/Large
5:00 PM	Healthy Hot Yoga *	Ben/FACTory
5:30 PM	BodyCombat	Reagan/Large
5:30 PM	Zumba@	Team/Small
6:00 PM	RPM *	Mason/Cycle
6:00 PM	Cardio Tennis*	Tennis
6:15 PM	Hot Yoga Abs *	Melissa S./FACTory
6:30 PM	BodyPump *	Kim/Large
6:30 PM	CXWORX *	Mica/Small
<b>Tuesday</b>		
5:30 AM	BodyAttack	Corinne/Large
5:30 AM	Precision Cycling *	Liz/Cycle
8:30 AM	Pilates Plus	Liz/Large
8:45 AM	Healthy Hot Yoga *	Nicole/Factory
9:00 AM	Cardio Tennis *	Tennis
9:00 AM	RPM *	Rayna/Cycle
9:30 AM	Cardio Groove	Candace/Large
10:30 AM	Iyengar Style Yoga	Cindi/Small
Noon	SPRINT *	Melissa/Cycle
Noon	Healthy Hot Yoga *	Lara/FACTory
Noon	Aquaholics	Anita/Pool
Noon	Barre Intensity	Renee/Large
4:30 PM	BodyAttack	Mica-Reagan/Large
5:00 PM	Hot Yoga Sculpt *	Kim S/Factory
5:30 PM	BodyPump *	Mason/Large
6:00 PM	SPRINT *	Steve/Cycle
6:00 PM	Cardio Tennis *	Tennis
6:15 PM	Healthy Hot Yoga *	Anne R/Factory
6:30 PM	Zumba@	Team/Large
<b>Wednesday</b>		
5:30 AM	Warm Sunrise Yoga	Lori/Small
5:30 AM	BodyPump *	Rick/Large
5:30 AM	SPRINT *	Heather/Cycle
5:30 AM	Aquaholics	Craig/Pool
8:30 AM	BodyPump *	Corinne/Large
8:45 AM	Healthy Hot Yoga *	Sarah /FACTory

## Wednesday (continued)

8:45 AM	Aqua Aerobics (75mins)	Sue/Pool
9:00 AM	Cardio Tennis *	Tennis
9:00 AM	Precision Cycling *	Brandy/Cycle
9:30 AM	BodyAttack	Margie/Large
10:30 AM	YAH	Rueben/Large
Noon	BodyPump*	Mason/Large
4:30 PM	BodyPump Express* (30min)	Steve/Large
4:55 PM	CXWORX *	Steve/Large
5:30 PM	BodyCombat Express (45mins)	Brooke/Large
5:30 PM	BodyFlow *	Lee Ann/Small
6:00 PM	Hot Power Fusion Yoga* (75 min.)	Lara/Factory
6:00 PM	SPRINT *	Mason/Cycle
6:00 PM	Cardio Tennis *	Tennis
6:30 PM	Barre Intensity	Renee/Large

## Thursday

5:30 AM	B <sup>5</sup> *	Corinne-Kim P/Large
5:30 AM	RPM *	Avery/Cycle
8:30 AM	Pilates Plus	Liz/Large
8:45 AM	Healthy Hot Yoga *	Catherine/Factory
9:00 PM	Cardio Tennis *	Tennis
9:00 AM	Precision Cycling *	John/Cycle
9:30 AM	Cardio Groove	Candace/Large
10:30 AM	Iyengar Style Yoga	Cindi/Small
Noon	Healthy Hot Yoga *	Lara/Factory
Noon	SPRINT *	Melissa/Cycle
Noon	PulsePointe Barre	Brooke/Large
4:30 PM	BodyCombat	Mica-Reagan/Large
5:30 PM	BodyPump *	Melissa/Large
5:30 PM	Zumba@	Maria/Small
6:00 PM	RPM *	Steve/Cycle
6:00 PM	Healthy Hot Yoga *	Anne R/Factory
6:00 PM	Cardio Tennis *	Tennis

## Friday

5:30 AM	BodyPump Express* (30min)	Kim/Large
5:55 AM	CXWORX*	Kim/Large
5:30 AM	Precision Cycling *	Kristen/Large
8:30 AM	BodyPump *	Larissa-Tamara/Large
8:30 AM	Flow Yoga	Lara/Small
8:45 AM	Aqua Aerobics (75 mins)	Sue/Pool
9:00 AM	Cardio Tennis *	Tennis
9:00 AM	RPM *	Rayna/Cycle
9:30 AM	B <sup>5</sup> *	Margie-Mica/Large
10:00 AM	Hot Yoga Sculpt*	Reagan/Factory
10:30 AM	YAH	Reuben/Large
Noon	BodyPump *	Steve/Large
5:00 PM	Hot Slow Flow *	Team/Factory

## Saturday

7:00 AM	Aquaholics	TBA/Pool
8:15AM	BodyPump *	Rick/Large
8:30AM	Tri Sport Swim	Aaron/Pool
8:30 AM	Saturday Spin*	John/Tiffany
8:30 AM	Cardio Tennis *	Tennis
9:15 AM	Body Attack	Brooke/Large
9:30 AM	Yoga in the Garden	Botanical Gardens
9:30 AM	Precision Cycling *	Kristen/Cycle
9:30 AM	Cardio Tennis *	Tennis
10:15 AM	Zumba@	Team/Large
11:00 AM	90min Healthy Hot Yoga*	TBA/Factory

## Sunday

1:30 PM	PulsePointe Barre	Brooke/Large
2:00 PM	90min Healthy Hot Yoga*	Team/Factory
2:30 PM	Cardio Groove	Kathy/Small
2:30 PM	BodyCombat	Team/Large
2:30PM	Sunday Spin *	Team/Cycle
3:30 PM	BodyPump *	Kim/Large
3:30 PM	BodyFlow *	Team/Small

## Group Fitness Class Descriptions

<b>LES MILLS BODYPUMP</b>	The original barbell class, will sculpt, tone, and strengthen your entire body, fast! It is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl. Sign up required. Express is a 30min Pump class followed directly by CXWORX (30min Core Class)
<b>LES MILLS BODYATTACK</b>	The sports-inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Options are demonstrated for those wanting lower impact.
<b>LES MILLS BODYCOMBAT</b>	The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, and muay thai.
<b>LES MILLS CXWORX</b>	This 30 minute program is the ultimate way to get a tight and toned core. Dynamic training that hones in on the abs, glutes, back, obliques, and "slings" connecting the upper and lower body.
<b>BARRE INTENSITY.</b>	This class combines attributes of Pilates, dance, and functional fitness training. It incorporates small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.
<b>B<sup>5</sup></b>	Barre-Bench-Ball-Band-Balance make up the 5 Bs. Burn and sculpt is the goal in this high energy class. A mix of a body sculpting Barre workout with the fat burning benefits of cardio training on the Bench. Simple and effective moves will help you burn and sculpt your way to a new level of fitness. Sign up required.
<b>PulsePointe barre</b> <small>strength   cardio   flexibility</small>	An innovative and challenging barre experience that seamlessly weaves together traditional muscle-sculpting barre choreography with exhilarating cardio segments to define and challenge the body in a whole new way. Upbeat music motivates and energizes!
<b>CARDIO TENNIS</b> <small>HEART PUMPING FITNESS</small>	Fun group activity that pushes your fitness to a new level with a high energy workout while you improve tennis skills. Classes will be held at the Tennis Center. Registration required. Fee based.
<b>ZUMBA FITNESS</b>	The worldwide Latin dance phenomenon! Zumba is a dance based cardio class that will burn fat and calories. Increase your fitness level while having an awesome time!
<b>Y.A.H.</b>	Young at Heart Training is our functional training class for those over the age of 60. It will introduce safe and fun exercises that will help improve quality of life.
<b>Cardio Groove</b>	Cardio Groove classes integrate dance, aerobics, funk and fun to challenge the mind and body. Each class integrates a cardio set with a fun set of music.

### MIND BODY CLASSES

<b>LES MILLS BODYFLOW</b>	The yoga, tai chi and Pilates workout that builds flexibility, strength and leaves you feeling centered and calm. A carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance. Sign up required.
<b>Flow Yoga</b>	Let all the stress from everyday life leave you while you work on yourself. This class promotes strength while stretching you. Incorporating your mind into flexibility skills makes this a class that benefits the mind and body.
<b>Iyengar Style Yoga</b>	This class explores the therapeutic benefits of yoga derived from proper physical alignment and specific sequencing of yoga poses. Each class will include physical poses, breathing and relaxation techniques.
<b>Healthy Hot Yoga</b>	A one hour yoga class that is held in a heated room. Controlled heat and humidity will help you sink deeper into yoga poses. Sign up is required and arrive early. Please bring a towel, water bottle, and yoga mat. FAC does not supply mats for classes in the Heated Studio.
<b>Hot Power Fusion Yoga</b>	A one hour power flow yoga class held in a heated rooms. Postures are held a bit longer and focused core work. Sign up is required. Yoga mat, towel and water bottle are needed. FAC does not supply mats for classes held in the Heated Studio. This class does move at a faster pace.
<b>Hot Slow Flow Yoga</b>	A hot yoga slow flow based class to help end your week. Sign up is required. FAC does not supply mats for classes held in the heated studio.
<b>Hot Yoga Abs</b>	A hot power flow class focusing on engaging and strengthening the abdominal core. FAC does not supply yoga mats for classes held in the heated studio. Sign up is required.
<b>Hot Yoga Sculpt</b>	Yoga sculpt takes a basic yoga inspired sequence and steps it up in intensity with heat, light free weights and cardio. Sign up is required and please arrive early. Yoga mat, towel and water bottle are needed. FAC does not supply yoga mats for classes held in the Heated Studio. Not suitable for those new to exercise.
<b>Pilates Plus</b>	A twist on mat Pilates. This class improves core strength while incorporating bands, rollers and balls. This class moves at an accelerated pace.
<b>Warm Sunrise Yoga</b>	An energizing, get the blood flowing class with poses that awaken the body and mind. It will mainly focus on sun salutations and standing poses but will always end with a savasana. This class is held in the small studio heated slightly to 72-78 degrees.
<b>YOGA in the Garden</b>	FAC and the Botanical Garden of the Ozarks have partnered up to offer a yoga class outdoors in the garden April-Oct 2018, weather permitting. This class is open to the public and no sign up is required. If the class has to be moved indoors due to weather it will be held in the heated studio and first come first service for FAC members. The decision on weather will be made by 730am that morning and posted of FAC and BGO facebook pages.

### INDOOR CYCLING

<b>LES MILLS RPM</b>	The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Sign up required.
<b>LES MILLS sprint</b>	A cycle workout built on the science of high-intensity interval training (HIIT). It's a quick (30 min) and hard style of training that returns rapid results with minimal joint impact. Be prepared to push harder than you think you can to get the results you want. Sign up required.
<b>Precision Cycling</b>	This is an aggressive & rewarding aerobic class that will challenge beginner to experienced cyclists. You control the resistance & intensity. Sign up is required.
<b>Express Ride</b>	A cycling class that burns maximum calories in 40-45 minutes. Sign up required.
<b>HIIT Cycle</b>	A high intensity interval cycling class that gives you real results in 30 minutes. Sign up required.

### AQUATICS CLASSES

<b>Adult Group Swim</b>	A great alternative to cardio on dry land, take it to the pool. This class is designed for those who love to get into the pool. This is an effective and fun way to get cardio exercise while getting tips on how to improve your swimming technique.
<b>Aqua Aerobics</b>	A fun, non-impact aerobic classes. Use the water and aqua dumbbells as effective resistance is a terrific way to get into shape!

All participants must be 14 years old. If you are new to class, please let the instructor know so they can help you set up. Please arrive a few minutes early to classes, dressed in workout clothes and tennis shoes. Classes marked with a \* on the front of the schedule require pre-registration. If the class requires a sign up, once the class starts your spot will be given to the next person waiting if you are not present. You may sign up online one day in advance. We strive to make our classes suitable for all fitness levels by giving options. If you are unsure if a class is right for you please email [mmitchell@fayac.com](mailto:mmitchell@fayac.com) or call 479-587-0500 ext. 260.