

FITNESS CLASSES

Yoga

Join the Arc Center's certified Instructors for a form of exercise that is certain to change your way of thinking about "working out". Yoga is an exercise for both the young and old. It has many wonderful health benefits and regular practice will increase strength, balance and flexibility. You will leave the class feeling both energized and relaxed. Please wear loose, comfortable clothing and bring a large towel or blanket to class. Yoga mats will be provided. (KK)

14+ yrs

Classic Morning		Instructor: Dee C.			
M	3/2-4/27	9:00-10:00am	108008-01	\$41/\$54/\$72	
M	5/4-6/29*	9:00-10:00am	108008-02	\$36/\$48/\$64	
Th	3/5-4/30	9:00-10:00am	108008-05	\$41/\$54/\$72	
Th	5/7-6/25	9:00-10:00am	108008-06	\$36/\$48/\$64	

* No Class 5/25

Classic Evening		Instructor: Terry R.			
W	3/4-4/29	7:15-8:15pm	108008-03	\$41/\$54/\$72	
W	5/6-6/24	7:15-8:15pm	108008-04	\$36/\$48/\$64	

Intermediate		Instructor: Dee C.			
W	3/4-4/29	9:00-10:00 am	108008-07	\$41/\$54/\$72	
W	5/6-6/24	9:00-10:00 am	108008-08	\$36/\$48/\$64	

Gentle		Instructor: Rynee G.			
Su	3/1-4/26*	9:00-10:00am	108011-01	\$36/\$48/\$64	
Su	5/3-6/28	9:00-10:00am	108011-02	\$41/\$54/\$72	

*No Class 4/12

Dance Fitness

Come join us for an early impact cardio class featuring cardio routines to fun music incorporating the entire body. This exercise will help you improve your cardiovascular endurance as well as create increase range-of-motion, flexibility and muscle definition. (KK)

14+ yrs		Instructor: Carolyn L.			
M	1/6-2/24	10:15-11:15am	408022-01	\$32/\$42/\$56	
M	3/2-4/27	10:15-11:15am	108022-01	\$41/\$54/\$72	
M	5/4-6/29*	10:15-11:15am	108022-02	\$36/\$48/\$64	

* No Class 5/25

NEW Hula Hoop Fusion

This 45 minute interval training class is taught by a certified Hula Hoop Instructor. If you don't think you can Hoop, I'll show you how! We will alternate cardio Waist Hooping using a 2lb Hoop and strength training using various equipment. Hula Hooping is a fun way to burn calories, strengthen your core and tone your legs. As you master Waist Hooping various arm and leg movements can be added in to challenge your core and increase cardiovascular endurance even more. This class will keep a smile on your face as you melt inches off your waist! (KK)

14+ yrs		Instructor: Janet W.			
M	1/6-2/24	5:15-6:00pm	408050-01	\$32/\$42/\$56	
M	3/2-4/27	5:15-6:00pm	108050-01	\$41/\$54/\$72	
M	5/4-6/29*	5:15-6:00pm	108050-02	\$36/\$48/\$64	

* No Class 5/25

Body Sculpt & Flexibility

Enhance your everyday physical performance through strength & flexibility training. This class will challenge your muscles by using a wide variety of exercises and equipment to keep your muscles guessing. Transform your body into the lean sculptured physique you've always wanted! A must-have in any workout program. (KK)

14+ yrs		Instructor: Janet W.			
M	1/6-2/24	6:00-7:00pm	408002-01	\$32/\$42/\$56	
M	3/2-4/27	6:00-7:00pm	108002-01	\$41/\$54/\$72	
M	5/4-6/29*	6:00-7:00pm	108002-02	\$36/\$48/\$64	

* No Class 5/25

W	1/8-2/26	5:00-6:00pm	408002-02	\$32/\$42/\$56	
W	3/4-4/29	5:00-6:00pm	108002-03	\$41/\$54/\$72	
W	5/6-6/24	5:00-6:00pm	108002-04	\$36/\$48/\$64	

Strong by Zumba®

STRONG by Zumba™ Fitness enthusiasts and students looking for a more challenging, high intensity interval training (HIIT) workout. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. (KK)

14+ yrs		Instructor: Lauren M.			
M	1/6-2/24	7:00-8:00pm	408009-02	\$32/\$42/\$56	
M	3/2-4/27	7:00-8:00pm	108009-03	\$41/\$54/\$72	
M	5/4-6/29*	7:00-8:00pm	108009-04	\$36/\$48/\$64	

* No Class 5/25

Fitness Class Fee Breakdown

Member / Resident / Non-Resident

AM Boot Camp

In these 3 days per week for 8 week program, your goals include: Tone & Strength Muscles, Increase Energy, Improve Agility & Flexibility, Enhance Balance & Reaction Time and Weight Loss. Being fit will impact more than just your body and mind, it will touch your family, community, work and your entire way of life. (KK)

14+ yrs	<i>Instructor: Melissa L.</i>		
Tu & F*	1/7-2/28	5:30-6:30am 408024-01	\$59/\$78/\$104
Tu & F	3/3-4/28	5:30-6:30am 108024-01	\$77/\$102/\$136
Tu & F	5/1-6/30	5:30-6:30am 108024-02	\$81/\$108/\$144

* No Class 2/9

20/20/20 - Intermediate Level Only

This class offers three segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit! (KK)

14+ yrs	<i>Instructor: Bernie C.</i>		
Tu & F	1/7-2/28*	9:00-10:00am 408001-01	\$59/\$78/\$104
Tu & F	3/3-4/28	9:00-10:00am 108001-01	\$77/\$102/\$136
Tu & F	5/1-6/30	9:00-10:00am 108001-02	\$81/\$108/\$144
Tu	1/7-2/25	9:00-10:00am 408001-02	\$32/\$42/\$56
Tu	3/3-4/28	9:00-10:00am 108001-03	\$41/\$54/\$72
Tu	5/5-6/30	9:00-10:00am 108001-04	\$41/\$54/\$72
F	1/10-2/28*	9:00-10:00am 408001-03	\$27/\$36/\$48
F	3/6-4/24	9:00-10:00am 108001-05	\$36/\$48/\$64
F	5/1-6/26	9:00-10:00am 108001-06	\$41/\$54/\$72

* No Class 2/8

Kids Obstacle Course

Have you ever seen professional athletes practice? They conquer obstacles in no time flat while building strength, stamina and endurance. Now you'll have a chance to do the same! You'll run, jump, crawl, navigate ladders, hurdles, and more! Work through team and partner activities to conquer obstacles like the pros! (KK)

7+ yrs	<i>Instructor: Kelly W.</i>		
Tu	1/7-2/25	5:00-6:00pm 408029-01	\$32/\$42/\$56
Tu	3/3-4/28	5:00-6:00pm 108029-01	\$41/\$54/\$72
Tu	5/5-6/30	5:00-6:00pm 108029-02	\$41/\$54/\$72

6 Pack Abs

Need some extra help in the mid-section? This 1/2 hour class will train the core muscles of the abs, hips, back & pelvis to work in harmony. Just about every motion made by the human body is initiated in the core. A strong core will prevent low back pain, prevent injury while doing day to day activities, increase sports performance, improve posture, and balance. If you want to keep seeing results, add this class to your workout schedule and get the six pack abs you've always wanted! Exercises can be modified for all fitness levels. (KK)

14+ yrs	<i>Instructor: Janet W.</i>		
Tu	1/7-2/25	5:30-6:00pm 408000-01	\$25/\$32/\$39
Tu	3/3-4/28	5:30-6:00pm 108000-01	\$32/\$41/\$50
Tu	5/5-6/30	5:30-6:00pm 108000-02	\$32/\$41/\$50

Cardio Kickboxing

Punch and kick your way into the body you want today! Blast away fat and calories by combining punching and kicking techniques, partner drills, kicking drills and interval workouts. Balance drills will target and tone the lower body and improve balance and coordination. Cardio Kickboxing is an easy to follow yet intense workout for all fitness levels. Top it off with a challenging AB and toning segment using a variety of equipment. All fitness levels are sure to receive a fun and effective workout. (KK)

14+ yrs	<i>Instructor: Janet W.</i>		
Tu	1/7-2/25	6:00-7:00pm 408004-01	\$32/\$42/\$56
Tu	3/3-4/28	6:00-7:00pm 108004-01	\$41/\$54/\$72
Tu	5/5-6/30	6:00-7:00pm 108004-02	\$41/\$54/\$72

Barre

Barre is a low impact workout that allows you to get amazing results in record time without cardio or heavy weights. It caters to a variety of fitness and physical levels, balancing strength and flexibility, while also improving posture, abdominal strength and overall body awareness. Barre is a great workout on its own, or as a complement to your existing routine. (KK)

14+ yrs	<i>Instructor: Kelly W.</i>		
Tu	1/7-2/25	6:00-7:00pm 408026-01	\$32/\$42/\$56
Tu	3/3-4/28	6:00-7:00pm 108026-01	\$41/\$54/\$72
Tu	5/5-6/30	6:00-7:00pm 108026-02	\$41/\$54/\$72

Fit For Life

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, flexibility, and activity for daily living skills as well as improve cardiovascular fitness through low impact aerobics. Upper and lower body work may be done with hand held weights, elastic tubing, exercise balls and other tools to keep you engaged. (KK)

14+ yrs	<i>Instructor: Tanner S.</i>		
F	1/10-2/28*	8:00-9:00am 408017-01	\$27/\$36/\$48
F	3/6-4/24	8:00-9:00am 108017-01	\$36/\$48/\$64
F	5/1-6/26	8:00-9:00am 108017-02	\$41/\$54/\$72

* No Class 2/7

Pilates Fusion

A Pilates base workout fused with Barre, Yoga and various equipment for the perfect mix of core strength, flexibility and toning. Exercises can be modified to meet your needs. (KK)

14+ yrs	<i>Instructor: Janet W.</i>		
W	1/8-2/26	6:00-7:00pm 408006-02	\$32/\$42/\$56
W	3/4-4/29	6:00-7:00pm 108006-03	\$41/\$54/\$72
W	5/6-6/24	6:00-7:00pm 108006-04	\$36/\$48/\$64

Zumba®

Ditch the Workout, Join the Party! Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. (KK)

14+ yrs	<i>Instructor: Lauren M.</i>		
W	1/8-2/26	7:00-8:00pm 408009-01	\$32/\$42/\$56
W	3/4-4/29	7:00-8:00pm 108009-01	\$41/\$54/\$72
W	5/6-6/24	7:00-8:00pm 108009-02	\$36/\$48/\$64

FITNESS CLASSES

Total Body Interval

In this 45 minute class, you will work all the major muscle groups using a variety of equipment. The strength interval is designed to increase the muscle using moderate to heavy weight at a moderate to slow pace alternated with various aerobic exercise for a Total Body workout. (KK)

14+ yrs		Instructor: Janet W.			
Th	1/9-2/27	5:15-6:00pm	408020-01	\$32/\$42/\$56	
Th	3/5-4/30	5:15-6:00pm	108020-01	\$41/\$54/\$72	
Th	5/7-6/25	5:15-6:00pm	108020-02	\$36/\$48/\$64	

Body Sculpt Fusion

Body Sculpt Fusion is the ultimate total body workout! This innovative strength training program is alternated with various types of cardio. You will challenge your muscular and cardiovascular endurance in this fun & effective interval workout! All fitness levels welcomed. (KK)

14+ yrs		Instructor: Janet W.			
Th	1/9-2/27	6:00-7:00pm	408003-01	\$32/\$42/\$56	
Th	3/5-4/30	6:00-7:00pm	108003-01	\$41/\$54/\$72	
Th	5/7-6/25	6:00-7:00pm	108003-02	\$36/\$48/\$64	

WERQ

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trend setting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ? (KK)

14+ yrs		Instructor: Kelly W.			
Th	1/9-2/27	6:00-7:00pm	408027-01	\$32/\$42/\$56	
Th	3/5-4/30	6:00-7:00pm	108027-01	\$41/\$54/\$72	
Th	5/7-6/25	6:00-7:00pm	108027-02	\$36/\$48/\$64	

All Ages					
Sa	1/11-2/29*	10:45-11:45am	408027-02	\$32/\$42/\$56	
Sa	3/7-4/25	10:45-11:45am	108027-03	\$36/\$48/\$64	
Sa	5/2-6/27	10:45-11:45am	108027-04	\$41/\$54/\$72	
* No Class 2/8					

Flexibility & Mobility

Mobility training is a key component to maximizing your athletic abilities, increasing your longevity and reducing the risk of injury. We'll combine mobility training with dynamic and static stretches and foam rolling to increase your flexibility; focusing on the common areas that are affected by bad posture such as the neck, mid back, lower back, hip flexors, hamstrings, and calf muscles. Whether you're looking to lift more, improve your golf game or just move easier, a focus on flexibility and mobility is key! (KK)

14+ yrs		Instructor: Kelly W.			
Th	1/9-2/27	7:00-8:00pm	408030-01	\$32/\$42/\$56	
Th	3/5-4/30	7:00-8:00pm	108030-01	\$41/\$54/\$72	
Th	5/7-6/25	7:00-8:00pm	108030-02	\$36/\$48/\$64	

Spinning

Indoor cycling puts things in full gear with its control over resistance & speed and overall intensity while cycling to awesome tunes. Hop on to the nearest bike and give this class a go! This class will get your heart rate pumping and is sure to burn calories. What a great workout for all fitness levels! Men and women are both welcome. (KK)

14+ yrs		Instructor: Kelly W.			
F	1/10-2/28*	5:30-6:15am	408015-01	\$27/\$36/\$48	
F	3/6-4/24	5:30-6:15am	108015-01	\$36/\$48/\$64	
F	5/1-6/26	5:30-6:15am	108015-02	\$41/\$54/\$72	
Sa	1/11-2/29*	8:30-9:15am	408015-02	\$32/\$42/\$56	
Sa	3/7-4/25	8:30-9:15am	108015-03	\$36/\$48/\$64	
Sa	5/2-6/27	8:30-9:15am	108015-04	\$41/\$54/\$72	

* No Class 2/7, 2/8.

Strength Training

Join us for a fast-paced, high energy strength training class. In this easy to follow and fun workout, all the major muscle groups will be targeted as we move through blocks or combinations of exercises for all levels of fitness. Emphasis will be on careful form and technique as well as maximizing every minute we are working out! (KK)

14+ yrs		Instructor: Monique V			
Sa	1/11-2/29*	7:15-8:15am	408005-01	\$32/\$42/\$56	
Sa	3/7-4/25	7:15-8:15am	108005-01	\$36/\$48/\$64	
Sa	5/2-6/27	7:15-8:15am	108005-02	\$41/\$54/\$72	

*No Class 2/8

Pilates

This class will help balance your body, improve circulation, reduce stress and improve overall endurance. Pilates will help tone, streamline and realign your body. This class is a combination of beginning and intermediate levels of Pilates. (KK)

14+ yrs		Instructor: Monique V			
Sa	1/11-2/29*	8:30-9:30am	408006-01	\$32/\$42/\$56	
Sa	3/7-4/25	8:30-9:30am	108006-01	\$36/\$48/\$64	
Sa	5/2-6/27	8:30-9:30am	108006-02	\$41/\$54/\$72	

* No Class 2/8

Lower Body Burnout

Never miss a leg day...Because a pair of strong legs will keep you active for life! In this 60-minute class you'll tone your legs and lift your booty. After a brief warm-up, get ready to blast every muscle in your lower body with a combination of strength and barre exercises. Using kettle bells, dumbbells and body weight, we'll work through a range of exercises that will leave your legs and glutes strong and defined. We'll squat, lunge and tuck our way to a leaner, stronger lower half! (KK)

14+ yrs		Instructor: Kelly W.			
Sa	1/11-2/29*	9:45-10:45am	408028-01	\$32/\$42/\$56	
Sa	3/7-4/25	9:45-10:45am	108028-01	\$36/\$48/\$64	
Sa	5/2-6/27	9:45-10:45am	108028-02	\$41/\$54/\$72	

*No Class 2/8

Fitness Class Fee Breakdown

Member / Resident / Non-Resident