



# MARCH 2026 GROUP EXERCISE

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:15AM	BodyPump XP w/ Dan		BodyPump XP w/ Nicole				
6:00-7:00 AM			Balance & Flex Together* w/Jenn		Balance & Flex Together* w/Jenn		
7:15-8:15AM						Boot Camp w/Kandi	
8:15-9:15 AM	ForeverWell- Strength & Balance” w/Tony  BodyPump w/ Nicole	Balance & Flex Together w/Bobbie	BodyPump w/Dan	REFIT® Dance w/Amanda Balance & Flex Together” w/Bobbie	ForeverWell Strength & Balance” w/ Tony Body Sculpt w/Bri	Cycle w/Danny (8:25 –9:05 AM)	
9:15-10:15 AM						Yoga Mechanics w/Bjo	
9:30-10:30 AM	ForeverWell Gentle Yoga with Natural Movement” Various	Pilates* w/Colleen	ForeverWell Gentle Yoga with Natural Movement* w/Rebekah/Jacki		Pilates* w/Charles		
9:30-10:15 AM			KICK BOXING 201 w/ Roberto				
10:30-11:30 AM	Joy Jam (Dance) w/Danielle		Zumba Gold w/Denise			Dance w/Jenna	BodyPump w/Varies
11:00-12:00		BodyPump XP w/Amanda		BodyPump w/ Brandis			
12:00-1:00 PM	Dance Fitness w/Chloe	Cycle & CORE w/ Danny 12:15pm	Rev & Flow (Dance + Tone) w/Amanda	KETTLEBELL w/Danny 12:15-1pm	Zumba w/Brandis		
1:15-2:30 PM	ForeverWell Power Posture w/Bjo						
4:30-5:15 PM		Hiit to Fit w/ Danny	Hiit to Fit w/ Danny	Hiit to Fit w/ Danny			
5:00-6:00 PM		Cycle & CORE w/ Julie					
5:30-6:30 PM	BodyPump w/Debbie	Yoga* w/ Sharleen	Boot Camp w/Holly	BodyPump&CORE w/Kandi YOGA/BFT* w/ varies			

# HIIT TO FIT

MAR 03 – APR 09, 2026

TUE, WED, THU  
AT 4:30 PM – 5:15 PM

MEMBER PRICE: \$85  
PROGRAM PARTICIPANT PRICE:  
\$149



ForeverWell Pool:	MON	TUES	WED	THURS	FRI
8:30-9:30 AM	Aqua Rock		Aqua Rock		
10:00-11:00 AM		Range of Motion	Range of Motion	Range of Motion	

**ForeverWell Classes:** Our focus is helping older adults improve their overall wellbeing in a holistic way.

All classes held in the Loft unless otherwise noted. “ = Clubhouse \* = Group Exercise Room

  = Fee Based Class

## Hours of Operation:

Mon-Fri: 5AM-9PM

Sat: 7AM-5PM

Sun: 10AM-4PM

\*If RCAS closes school due to weather, there will be no GX classes or ChildWatch

# GROUP EXERCISE DESCRIPTIONS

## ChildWatch Hours:

Mon-Fri: 8:10AM-1:15PM

Mon-Th: 5:25-7:30PM

Sat: 9AM-1PM

### ForeverWell Aqua Rock:

A high intensity aerobic section followed by stretching and strengthening exercises for a total body workout.

### Balance & Flex Together:

Grow longer and stronger with an invigorating mind-body workout: Yoga, Pilates fundamentals, athletic training for balance, mobility, flexibility, and the core.

### Boot Camp:

Circuit training class, alternating between cardio and strengthening activities.

### Body Sculpt:

Lots of reps w/ short bursts of cardio to tone & tighten all around!

### Les Mills BODY PUMP:

BODYPUMP® is a barbell-based strength training workout designed to improve muscular strength, endurance, and overall fitness. Set to powerful music, this high-energy class targets all major muscle groups, focusing on a combination of light to moderate weights and high repetitions. Each track is specifically choreographed to enhance the effectiveness of the workout while keeping participants motivated.

### Les Mills CORE:

An intense core workout for functional fitness. A 30 minute personal training inspired challenge designed to tighten & tone the abs, glutes, back, and obliques as well as improve functional strength & assist in injury prevention.

### Cycle

A huge calorie burner! It's an outdoor cycling experience brought indoors that includes hills, chases, climbs, and intervals.

### Dance Fitness/REFIT Dance/Zumba/Zumba Gold/Joy Jam:

A dance experience that rocks your spirit, mind, and body with powerful moves and positive music to get your glow on from the inside out!

### ForeverWell Gentle Yoga with Natural Movement/Yoga:

Low intensity, nurturing and restorative class combining stationary and movement-based Yoga poses. Come practice foundational skills with gentle Yoga poses to improve agility, mobility, and strength in a way that makes our natural movements more efficient and relaxing at the same time.

### KettleBell:

A High Intensity-ballistic workout that combines functional, compound exercises to challenge your body & raise your heart rate!

### KICKBOXING 201:

Expand the fundamentals of striking the bag w/ kicks, punches, knees, & elbows while circuit training w/ free weights & body weight drills. Class focuses on power, speed, agility, mobility, stability, & balance.

### Pilates:

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent back pain, and tone muscles!

### Power Posture:

A practice of mechanics for strength, flexibility, and endurance. **FOREVERWELL Focused**

### ForeverWell Range of Motion (Aqua Class):

This class is perfect to work into your body's own Range of Motion. The movements allow you to explore and improve your mobility and flexibility without getting your hair wet.

### Rev & Flow:

Low impact, high intensity moves set to music that strengthen and sculpt your muscles through targeted resistance training.

### ForeverWell Strength & Balance:

Improve strength, balance, flexibility, & coordination with circuit training and floor work.

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