



May 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							
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			



Aqua Based	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	

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

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

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: 8:00AM-1:15PM

M, T, Th: 5:00PM-7:00PM

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!

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.

Power Posture:

A practice of mechanics for strength, flexibility, and endurance. **FOREVERWELL Focused** effective postures for sports, aerobics, weight training, and our most common movement of walking.

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.