



Woodloch Springs Sports Complex Group Fitness Schedule

April 1st-April 30th

Woodloch Springs Sports Complex

570-685-8143

www.woodlochsportscomplex.com

MONDAY			TUESDAY			WEDNESDAY		
Upstairs	Outside	Pool	Upstairs	Outside	Pool	Upstairs	Outside	Pool
8:30-9:15am *Cycle Burn w/Nicole 9:30-10:15am *Arms+Abs w/ Nicole 10:15-11am *Jazzercise w/Curtis			8:30-9:15am Pilates w/ Aimee 9:15-10am *Belly Dance Fitness w/Dawn 10:15-11am *Country Line Dance w/Dawn			8:30-9am *Spin Xpress w/Nicole 9:15-10am * S.H.I.I.T w/Nicole		
Classes with “*”, REQUIRE REGISTRATION. Registration and cancelations REQUIRED at least 3 hours before each class. Please register on-line at: https://www.woodlochsportscomplex.com/fitness-center-sign-up/ or call 570-685-8143.								
In the case of inclement weather, all delays or closings will go by Wallenpaupack School District Schedule. Please look for emails and Social Media or posts where this will be communicated or call our Front Desk. Group Fitness Participants must still sign in at Front Desk of the Sports Complex.								
6-6:45pm *Barre Blend w/Curtis	5:15-6pm *TRX w/Carrie * <i>Weather Permitting</i>		5-5:45pm *Ballet Sculpt w/Domenica	6-6:45pm *Women’s Only Yin+Somatic Movement w/Domenica	4:30-5:15pm *Aqua Zumba w/Melissa	4:30-5:15pm *Gentle Yoga+Mindful Medi- tation 5:30-6pm *Bootcamp Xpress w/Carrie	6:15pm-6:45pm *TRX w/Carrie * <i>weather permit- ting</i>	5:30-6:15pm Water Aerobics w/Marcia



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THURSDAY			FRIDAY			SATURDAY			SUN
Upstairs	Outside	Pool	Upstairs	Outside	Pool	Upstairs	Outside	Pool	Upstairs
8:30-9:15am Pilates w/ Aimee 9:30-10:15am Cue the Music!! w/ Retta 10:20-11am Yoga for Strength + Flexibility w/Retta			8:30-9:00am *Spin Xpress w/Erica 9:15-10am *Country Line Dance w/Dawn 10:15-11am *Bollywood Cardio w/Dawn			8:30-9:15am Yoga+Balance w/Kimberly 9:30-10:15am *Strength Fusion w/Curtis 10:15-11am *Jazzercise w/Curtis		9:30-10:15am Aqua Sculpt w/ Kimberly	
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6-6:45pm *Evening Bliss Flow w/Domenica				6-6:45pm *Yin Yoga w/Domenica					

WSSC GROUP FITNESS DESCRIPTIONS

CARDIO

Cycle Burn: Feel the rhythm, embrace the burn, and let the wheels propel you into a calorie blasting experience

Jazzercise: Where fitness and fun shimmy hand in hand! A dance party you do not want to miss

Country Line Dance: Fun for all ages and capabilities! Upbeat and fun, this class is geared for reducing stress levels, strengthening the core, and cognitive memory

Belly Dance Fitness: Warm up the chest and hips in this mind, body, and spirit aligning class. This class will focus on breathing techniques and muscular isolation, proven to reduce stress and build confidence

Bollywood Cardio: An energetic cardio class to help release everyday anxiety, and stress. Exercises are focused upon charismatic and detailed movements to help clear negative thoughts and emotions

STRENGTH

Arms&Abs: A strength based upper body workout, emphasizing and sculpting the core muscles

Ballet Sculpt: For beginners, or advanced levels, this class will strengthen, tone, and define your body. It will combine barre and center coordination workouts used by professional dancers.

Barre Total Body Blend: This is a class where strength training meets grace and elegance. A ballet inspired fitness blend to tone your head, shoulders, knees, and toes

Bootcamp Xpress: A high intensity, results driven class for a power packed workout that doesn't waste a second

S.H.I.I.T: Strength high intensity interval training. A workout designed to target all major muscle groups in peaks of max intensity and short valleys of rest

MIND/BODY

Yoga: All yoga classes will be based off of the ancient practice of breath, relaxation, awareness, and connection. The variety of Yoga classes that we offer include; Zen, Chakra, Breathing&Healing, Vinyasa, Restorative, and Yin. Each offering their personal signatures and flow.

Yin & Somatic Movement (Just for the Ladies): Using Yin Yoga and somatic movement techniques to support the release of stored trauma from the body, giving you a tighter tummy and greater sense of peace.

Pilates: Low impact exercises that aim to strengthen and lengthen muscles, while improving postural alignment, flexibility, and core conditioning

Cue the Music: A fun and easy blend of dance step exercises designed to enhance mobility, boost strength, and promote overall well-being. Pairs well with Yoga Poses for Strength & Flexibility

Yoga for Strength & Flexibility: This gentle practice combines dynamic poses and stretches to build muscle strength, and improve everyday movement.

TRX

Also known as Total Body Resistance Exercise, refers to specialized form of suspension training that utilizes equipment developed by former U.S Navy Seal, Randy Hetrick. An all body workout.

WATER

Aqua Zumba: Water Aerobics with a Latin Flare!

Water Aerobics/Aqua Chi: Low impact exercises with high resistance. A great class to improve flexibility, range of motion, muscle tone, and strength