



Woodloch Springs Sports Complex Group Fitness Schedule

May 1st-May 31st

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 *Tank Top Arms w/ Nicole 10:15-11am *Jazzercise w/Curtis		10:15-11am Water Aerobics w/Barb	9:15-10am *Belly Dance Fitness w/Dawn 10:15-11am *Line Dance w/Dawn			8:30-9am *Spin Xpress w/Nicole 9:15-10am * S.H.I.I.T w/Nicole		10:15-11am Water Aerobics w/Barb
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/TBS w/Carrie		4:30-5:30pm *Hills&Hundreds w/Nicole 6-7pm *Yoga w/Alicia		4:30-5:15pm *Aqua Zumba w/Melissa	4:30-5:15pm *Gentle Yoga+Mindful Medi- tation 5:30-6:15pm *Bootcamp w/Carrie NO 5/15		5:30-6:15pm Water Aerobics w/Marcia

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

Hawaiian Fitness: Incorporating elements of cardio, flexibility, and traditional Hawaiian dance moves to promote overall physical and mental well-being. Aloha!

Drum & Step Fusion: A dynamic class that combines the rhythmic elements of Drums Alive with the cardio and strength training benefits of step aerobics

STRENGTH

Tank Top Arms: A strength based upper body workout focused on toning and strengthening of the arms, shoulders, and upper back, achieving the “tank top ready” look

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

Resistance Ripped & Ready: Get ready to sculpt, tone, and strengthen your entire body in this high-intensity resistance training class. Using a combination of ankle weights and resistance bands, targeting every muscle group for a full body workout.

Hills & Hundreds: A dynamic workout that combines spinning and elements of Pilates. We challenge cardiovascular fitness, core strength, and muscular endurance

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.

Cue the Music! Yoga for Strength & Flexibility: A fun and easy blend of dance step exercises designed to enhance mobility, boost strength, and promote overall well-being. This gentle practice combines dynamic poses and stretches to build muscle strength, and improve everyday movement. Pairs well with Intro to Tap.

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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.

TRX/TBS (Total Body Strength): A total body workout incorporating circuits of strength, core work, and TRX. Sweat sesh!

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