



GROUP FITNESS SCHEDULE

www.towncountrysports.com
(859) 442-5800

Club Hours
 Mon-Thur 5am-10pm
 Friday 5am-9pm
 Saturday 8am-6pm
 Sunday 9am-6pm

Nursery Hours
 Mon-Fri 8:45am-1pm
 Mon-Thur 5pm-8pm
 Saturday 8am-11:30am

March Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intense 45 6-6:45 Tonya	Spin 6-7 Lisa/Tonya	Yoga 6-7 Deia	Circuit 45 6-6:45 Tonya	Spin 6-7 Joe	Barre* 8:30-9:30 Laurie	Muscle Mix 9-10 Deia
Barre* 9-10 Lisa	Kickboxing 9-10 Julie	TRX* 9-10 Michelle	Muscle Mix 9-10 Amber	Kettlebell* 6:30-7:30 Michelle	Chisel 9-10 Rachel/Deia	Yoga 10-11 Deia
Ball Pilates 9-10 Laurie	Barrelates* 9-10 Michelle	Spin 9-10 Tim	Barre* 9-10 Tammy	Barre* 8-9 Michelle	Spin 9:30-10:30 Lisa/Tiffany	
Spin 9-10 Tammy	Aqua Tabata 9-9:45 Tonya	Aqua 9-9:45 Deia	Aqua 9-9:45 Rachel	Water Warrior 9-9:45 Tonya/Tammy	Beginner Yoga* 9:30-10:30 Marta	
Aqua/Zumba 9-9:45 Laurel	Yoga Lite 10:15-11 Kelly	Barbell Blast 9-10 Rachel/Tammy	Barre-FIT* 10:15-11:15 Rachel/Julie	Dance Fix/Step 9-10 Brandy/Julie	Super Splash 10-11 Donna	
Warm Water 9:45-10:30 Debbie	Warm Water 10:30-11:15 Tonya	Warm Water 9:45-10:30 Debbie	Warm Water 10:30-11:15 Amber	Spin 9-10 Laurie	Warm Yoga* 10:30-11:30 Marta	
FIT Senior 10:15-11 Deia/Julie	Chair Yoga 11:15-12 Jamie M	Fit Senior 10:15-11 Deia	Chair Yoga 11:15-12 Jamie	Barre* 9-10 Michelle		
Silver Splash 10:45-11:30 Debbie	Body Xtreme 5:30-6:30 Rachel/Laurie	Silver Splash 10:45-11:30 Debbie	Ball Pilates 5:45-6:45 Laurie	Warm Water 9:45-10:30 Tonya		
Aqua 5:30-6:30 Donna	Aqua Circuit 6-7 Becky	Silver Sneakers 11:15-12 Ginny	Super Splash 6-7 Donna	Yoga 10:15-11:15 Jamie L		
Spin 5:45-6:45 Tim		Spin 5:45-6:45 Tiffany/Lisa	Warm Yoga* 6-7 Marta	Silver Splash 10:45-11:30 Valerie		
Z Strong 6-7 Genevieve		Barre* 6-7 Lisa T		Silver Sneakers 11:30-12:15 Ginny		
Barre* 6:30-7:30 Rachel		Yoga 6:30-7:30 Katy				
NEW: Z-Strong on Mondays @ 6pm NEW: Body Xtreme on Tuesdays @ 5:30pm Dance Fix Friday on 3/6 and 3/20				Schedule subject to change, refer to website/app for latest updates		
Group Exercise Studio	Barre Studio	Group Training Room	Lap Pool			

Aqua-A great way to get moving and challenge yourself while increasing your cardiovascular endurance.

Aqua Circuit-This cardio based class uses muscle conditioning exercised for a total body workout.

Aqua Tabata-Interval training where you go hard for 20 seconds and rest for 10 seconds for 4 rounds of exercises.

Aqua Zumba-A Latin dance party in the pool! Keep up your heart rate with international dance music and moves.

Ball Pilates-Pilates exercises performed on a stability ball to increase core strength, improve balance and flexibility.

Barbell Blast-tone and define all major muscle groups while raising metabolic rate for rapid fat burning!

Barre-In this class you will be using the barre and additional props to complete a full-body, Pilates based workout.

Barre-Fit-A class implementing Pilates, dance, yoga and functional training to motivating music while using the barre

Barre-lates- Blend of Pilates moves using the barre and resistance tubing combined with Pilates mat based exercises.

Beginner Yoga- Learn the basic poses and postures of yoga. Guidance into some restorative/relaxation opportunities.

Body Xtreme-A new variation and twist of bootcamp class! Get ready to sweat!

Chair Yoga-A yoga class incorporating a chair that increases flexibility, strength, and balance while decreasing stress.

Chisel-Become stronger in this intense training incorporating cardio conditioning with powerful strength moves.

Circuit 45-A high volume, low resistance, workout with short rest intervals that improves muscle tone and definition.

Dance Fix Friday-Have fun burning calories away with easy to follow dance moves while listening to great music.

Fit Senior- A great combination class: F-Flexibility, I-Improves balance and posture, and T-Tones muscles.

Intense 45-A sweat fest, burning ultimate calories in just 45 minutes through interval training!

Kickboxing-Punch and kick your way to a better body. This class is great for all fitness levels.

Muscle Mix-Increase muscular strength and endurance by using the bars with plates.

Pilates-A mat workout to strengthen and stretch the whole body gaining long lean muscles.

Silver Sneakers-A great class for seniors that combines moves to keep you healthy and strong for daily living.

Silver Splash-A low impact class for seniors that improves coordination and agility using aquatic equipment.

Spin-Ride the flats and hills, sitting, standing, jumping, and sprinting. A mega cardio burning class without impact.

Step-A cardio workout using the step with no choreography! Different levels which are held for minute intervals.

Super Splash-Intense cardio class to burn more calories! Be ready to sweat!

Tabata-Extreme interval training that pushes you hard for 20 seconds the rest for 10 seconds for 4 rounds.

Warm Water- Low intensity class that loosens the muscles while increasing flexibility, balance, and range of motion.

Warm Yoga-You will be guided through a series of traditional yoga poses utilizing props. (Temp. @ 80-82 degrees)

Water Warrior-Intense aqua training in the lap pool. This class is a step up from the Aqua class that we offer.

Yoga-A great mat class for any age to increase flexibility, strength, and balance while decreasing stress and tension.

Z-Strong-Plyometrics and explosive moves that are interchanged with isometric moves.

