



# FITNESS CLASS SCHEDULE

130 Commons Way, Central, SC 29630  
www.centralclemsonrec.com  
864-624-1138

TIME		CLASS	CLASS DESCRIPTION
<b>MONDAY</b>			
5:30 AM	6:15 AM	Ride	Indoor cycling on a stationary bike in a classroom setting. This workout focuses on endurance and strength through high intensity intervals and recovery.
9:00 AM	10:00 AM	Build It, Burn It	You are sure to enjoy this high energy workout! Build muscle and burn calories through intervals of weight training and cardio exercises.
10:15 AM	11:15 AM	SilverSneakers® Classic	Have fun through a variety of exercises designed to increase muscular strength and range of movement in order to aid in carrying out daily activities. Tools include a chair, hand weights, elastic tube, and a SilverSneakers® ball.
5:30 PM	6:15 PM	HIIT	High Intensity Interval Training! This class is made up of timed intervals of cardio and strength training.
<b>TUESDAY</b>			
8:30 AM	9:30 AM	* Yoga	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.
10:30 AM	11:30 AM	Senior Fitness (Parks & Rec Class)	This class utilizes light resistance, weights and movement for a workout tailored to all skill levels. Chairs are used in this class and the workout can be modified to make it more or less intense based on your skill level.
5:30 PM	6:15 PM	Step	An energetic, choreographed step routine. Have fun while melting away the pounds.
<b>WEDNESDAY</b>			
5:30 AM	6:15 AM	Ride	Indoor cycling on a stationary bike in a classroom setting. This workout focuses on endurance and strength through high intensity intervals and recovery.
8:30 AM	9:30 AM	TRX®/Pilates Fusion	TRX & Pilates combined to focus on Core, Strength and Stability. This class combines suspension training with intervals of Pilates with mat work, using stability balls and light weights. See amazing benefits when you blend the two together!
10:15 AM	11:15 AM	SilverSneakers® Circuit	Combine fun with fitness through alternating between cardiovascular and muscular endurance with a standing circuit workout. Use weights, elastic tubing, and SilverSneakers® ball. Chairs provided for support when needed.
<b>THURSDAY</b>			
8:30 AM	9:30 AM	* Yoga	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.
10:30 AM	11:30 AM	Senior Fitness (Parks & Rec Class)	This class utilizes light resistance, weights and movement for a workout tailored to all skill levels. Chairs are used in this class and the workout can be modified to make it more or less intense based on your skill level.
12:00 PM	1:00 PM	Fit For Anything	Balance your busy life with a class that is as versatile as you are! Experience a variety of exercises from just about every type of workout you can imagine. Each week will hold new challenges and is suitable for all.
6:30 PM	7:30 PM	*Yoga	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.
<b>FRIDAY</b>			
5:30 AM	6:15 AM	Ride	Indoor cycling on a stationary bike in a classroom setting. This workout focuses on endurance and strength through high intensity intervals and recovery.
9:00 AM	10:00 AM	Zumba Gold	A modified Zumba class for the active older adults that recreates the original moves you love at a lower intensity. The design of this class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination
10:15 AM	11:15 AM	SilverSneakers® Circuit	Combine fun with fitness through alternating between cardiovascular and muscular endurance with a standing circuit workout. Use weights, elastic tubing, and SilverSneakers® ball. Chairs provided for support when needed.
<b>SATURDAY</b>			
9:00 AM	10:00 AM	*Yoga	A form of physical exercise known mainly as a system of breathing exercises, physical postures, and meditation.

Fee Classes are denoted by an \* and are \$3 per class for members and \$6 for non-members. Purchasing a day pass entitles you to the member rate.

You must be at least 15 years old to participate in classes.

Senior Fitness on Tues. and Thurs. is ran by the Clemson Parks and Recreation Department. For details please contact Nettles Park at (864)624-1120