



Effective March 3rd to April 6th

Download the ARC FITNESS App to receive up to date notifications on class changes or cancellations.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|
| 5:30 to 6:30am Early Bird Cycle and abs with Bekki | 6:00 to 6:45am Yoga Flow and Strong with Caitlin Room 2 | 5:30 to 6:15am GRIT with Darcy Room 2 | 6:00 to 6:45am Yoga Flow and Strong with Caitlin Room 2 | 5:30 to 6:30am Early Bird Cycle and abs with Hope | |
| | 6:00 to 6:45am Power X with Karla Room 1 | 9:00 to 10:00am Yoga Calm with Kim Room 2 | 6:00 to 6:45am Power X with Karla Room 1 | | 8:45 to 9:30am BODYPUMP with Julie Room 2 |
| 9:00 to 10:00am Yoga Flow with Sam Room 1 | 9:00– 10:00am Power Cycle with Rhonda | 9:00 to 10:00am Cycle & Abs with Sommer | 9:00 to 9:45am GRIT with Darcy Room 1 | 9:00 to 10:00am P90X with Michele Room 2 | 9:45 to 10:15am BODYSTEP with Julie room 1 |
| 10:10 to 11:00am Forever Fit with Jenn Room 2 | 9:00 to 10:00am P90X with Michele Room 2 | 9:30 to 10am Sit to get Fit with Hope Room 1 | 9:00 to 9:30am BARRE Flow 9:30 to 10:00am Yoga with Jenn room 2 | 9:30 to 10am Sit to get fit with Hope Room 1 | 9:00 to 10:00am Power Cycle with Rhonda |
| | | 10:10 to 11:00am Forever Fit with Amy Room 2 | 9:00 to 10:00am Power Cycle with Rhonda | 10:10 to 11:10am GROOVE with Jenn & Rachel Room 2 | 10:00 to 11:00am Saturday Yoga Flow with Jenn Room 2 |
| 12:00 to 1:00pm BODYPUMP with Paula Room 2 | 12:00 to 12:45pm GRIT with Rebecca Room 2 | 12:00 to 1:00pm BODYPUMP with Paula Room 2 | 12:00 to 1:00pm Yoga Flow with Paula Room 2 | 12:00 to 12:45pm GRIT and Abs with Rebecca Room 2 | SUNDAY |
| 4:30 to 5:30pm BODYPUMP with Julie Room 2 | 4:30 to 5:00pm Power X with Michele Room 2 | 4:30 to 5:30pm BODYSTEP with Julie Room 2 | 4:30 to 5:00pm Power X with Michele Room 2 | 4:30 to 5:30pm BODYPUMP with Olga Room 2 | Sunday 1:30-2:30pm BODYPUMP with Olga room 2 |
| 5:30 to 6:15pm Beg/Intermediate Cycle with Darcy | 5:15 to 6:00 pm BODYSTEP with Julie or Susan Room 1 | 5:30 to 6:30pm BODYPUMP with Susan Room 2 | 5:15 to 6:00pm HIIT and Abs with Natalie Room 1 | 5:45 to 6:45pm Zumba with Stephanie Room 2 | 3:00 to 4:00pm PADDLEfit with Rebecca at the pool |
| 6:00 pm to 6:45 GRIT with Rotating Ins. Room 2 | 5:30 to 6:30 pm Yoga Strong & Calm with Jodie Room 2 | | 5:30 to 6:15pm Beg/Intermediate Cycle with Darcy | <div> </div> | |
| 5:45 to 6:30 pm BODYSTEP with Susan Room 1 | | | 5:30 to 6:30 pm Yoga Strong & Calm with Jodie Room 2 | | |
| 7:00-8:00pm Zumba with Stephanie room 2 | 7:00 to 7:45 pm PADDLEfit with Jenn at the pool | 7:00-8:00pm Zumba with Stephanie room 2 | 7:00-8:00pm BODYSTEP with Susan Room 2 | | |

Water Fitness

Aquacise: Mon to Fri 9:00-10:00am Mon to Thur 5:45 to 6:45pm, River Walking: Mon to Fri 6-8am 11-1pm

Lap Swim: Mon to Fri 6-8am, 11 –1pm, Mon to Thur 7–8pm, Lap swim pool open during waterpark hours Sat & Sun.

*Classes listed are included in ARC memberships and Day Passes. Classes may change or be canceled.

*Any questions or comments please direct them to Rhonda@wprd.us



Williston
AREA RECREATION CENTER

Fitness Class Descriptions

Aquacise: Enjoy the benefits of a low-impact workout while socializing with friends. Using water resistance, you will enhance your flexibility, muscle balance and cardiovascular fitness to develop a healthier you.

Barre: is distinguished from other group fitness activities by its use of the [ballet barre](#) and its incorporation of movements derived from [ballet](#). These classical dance movements and positions are combined with those drawn from [yoga](#) and [pilates](#),^[5] and other equipment is sometimes used. Barre classes typically focus on small, pulsing movements

BODYPUMP™: This is the original barbell class that shapes, tones and strengthens your entire body. The key to BODYPUMP is the rep effect, a breakthrough in fitness and training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

BODYSTEP™: this is a full-body cardio workout to really tone your butt and thighs. In a workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

Cycle: This is a non-impact, high-energy cycling adventure. It will take you through hill climbs, sprints, jumps, pacing and interval training. You will also learn proper cycling technique and positioning for the most optimal workout designed to challenge your endurance and increase your cardiovascular health. Beginner and Power Cycle options available.

Forever Fit: A low-impact full body workout. We start with a 5-minute warm-up followed by 20 minutes of low-impact cardio and then 20 minutes of weighted exercise, then we finish with stretching and gentle movement. This class is great for all ages, pregnant, seniors, those with limitations.

GRIT™: is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

TheGROOVE™ : is a holistic approach to dance and fitness. A **GROOVE** class uses AWESOME MUSIC and SIMPLE MOVES that inspire you to build strength, improve stamina, have fun & get funky! This Groove is specially geared to moms with babies in carriers and seniors, but anyone can join.

HIIT and Abs: Get your heart pumping with this high intensity interval training class with exercises that get your heart pumping, this will involve cardio and strength moves. Followed by a nice core workout setting those abs on fire for a strong and toned core.

PADDLEfit: will challenge your balance, your mind, and strength in new ways. Anything you do on a mat you can do on these boards. Come get wet, get fit and have fun!! These Stand up Paddle Board classes are for all levels however you must be able to kneel comfortably for a period of time and pull yourself up onto the paddle board as pre-requisites for these classes.

Power X: A H.I.I.T group fitness class which is mixed between high intense cardio and various strength training exercises to tone, sculpt and energize you.

Power X 35 : This class includes 35 minutes of barbells, free weights, kettlebells and body weight training will increase your power, strength and definition.

P90X ®: total body workout with a variety of strength training with dumbbells and bands, cardio conditioning and core work. If you are new to working out please ask your instructor for modifications.

Sit to get Fit: It is a fun, convenient, energetic way to burn calories, improve muscle tone, increase range of motion and feel better all over in your body all while sitting down.

Yoga : We have specific classes for beginners and intermediates, however each one will teach poses designed to increase balance, flexibility, strength, and focus. In *Yoga Flow* you will move a faster between poses and focus on strength building and breath. Some mats, blocks, and yoga straps are available.

ZUMBA® : High energy Latin style cardio workout. Zumba incorporates high and low impact moves throughout the whole