

ACC Community Center

Group Fitness Schedule



anthem
community council
community center

Effective April 1 - May 21					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:10 a.m. Cycle Gina Upstairs Fitness Room		5:15-6:10 a.m. Bikini Body Gina Upstairs Fitness Room		5:15-6:10 a.m. The Beat! Cycle Gina Upstairs Fitness Room	
8-8:55 a.m. Stretch Balance & Core Janet Upstairs Fitness Room	8-8:55 a.m. Cardio Dance Janet Upstairs Fitness Room	8-8:55 a.m. Cycle Janet Upstairs Fitness Room	8-8:55 a.m. Cardio Dance Janet Upstairs Fitness Room	7:15-8:00 a.m. TRX Blast Janet Rockwall	8-8:55 a.m. Kickology Darlene Upstairs Fitness Room
9-9:55 a.m. Cyclates Gina Upstairs Fitness Room	9-9:55 a.m. Tabata Dana Gym	9-9:55 a.m. Hip Hop Mix & Match Renee Upstairs Fitness Room	9-9:55 a.m. Hip Hop Cardio Renee Upstairs Fitness Room	8-8:55 a.m. Tabata, Cardio, Strength Janet Upstairs Fitness Room	9:15-10:10 a.m. Zumba Sue Upstairs Fitness Room
9-9:55 a.m. Bootcamp Dana Gym	9-9:55 a.m. Hip Hop Cardio Renee Upstairs Fitness Room	9-9:55 a.m. Strength Dana Gym	9-9:55 a.m. Tabata Dana Gym	9-9:55 a.m. Hip Hop Mix & Match Renee Upstairs Fitness Room	10:20-11:50 a.m. Vinyasa Yoga Seth Upstairs Fitness Room
9-9:55 a.m. Shallow Water Janet Lap Pool	10-10:55 a.m. Shallow Water Janet Lap Pool	10-10:55 TRX Fusion Kathy Rockwall	10-10:55 a.m. Shallow Water Janet Lap Pool	9-9:55 a.m. Deep Water Janet Dive Well	
9-9:55 a.m. Mat Monday Renee Classroom		12-12:55 p.m. Deep Water Janet Dive Well	10-10:55 a.m. Kickology Darlene Upstairs Fitness Room	10-11:15 a.m. Vinyasa Yoga Seth Upstairs Fitness Room	
10-10:55 Group Strength & Core Kathy Upstairs Fitness Room					Sunday
					10-10:55 a.m. Hip Hop Cardio Renee Upstairs Fitness Room
5:30-6:25 p.m. HIIT Amanda Upstairs Fitness Room	5-5:55pm Zumba Irina Upstairs Fitness Room	5:30-6:25 p.m. HIIT Amanda Upstairs Fitness Room	5-5:45pm Ballroom Dance Irina Upstairs Fitness Room		11-11:55 a.m. Zumba Irina Upstairs Fitness Room
6:30-7:25 p.m. Zumba Michele Upstairs Fitness Room	6 - 6:55 p.m. Ripped Michele Upstairs Fitness Room	6:30-7:25 p.m. Zumba Step Michele Upstairs Fitness Room	6-6:55 p.m. Zumba Carmen Upstairs Fitness Room		
	7-8:20 p.m. Vinyasa Yoga Seth Upstairs Fitness Room		7-8:20 p.m. Vinyasa Yoga Seth Upstairs Fitness Room		
					Water Class
					New Class

Class Descriptions

Ballroom Dance: Learn the basics of Ballroom dance. No partner needed and you may partner up with others from time to time.

Boot Camp: This class will help define and shape the body where it counts. A combination of strength, cardio and abs.

Bikini Body: Combination of weights, bands, ball and barre for strength and sculpting.

Cycling: Group cycling class on stationary bikes designed to challenge your cardio output with sprints, hill climbs, jumps and other cycle drills. Class is set to motivating, high energy music.

Cyclates: Group cycling class on stationary bikes designed to challenge your cardio output with sprints, hill climbs, jumps and other cycle drill for the first 45 minutes. The last 10 minutes will be Pilates.

Cardio Dance: Does music motivate you to exercise better? Do you love to dance? A total body workout through dance! Get your cardio while dancing to a variety of music such as pop, Zumba, Broadway and hip hop.

Deep Water: Deep Water interval training is a no impact class that will raise your heart rate and get your blood flowing. Let's get fit in the water!

Hip Hop Mix & Match: Hip Hop dance fitness cardio, mixed with the use of light weights & mats. SCULPT & TONE to the latest POP music.

Hip Hop Toning: Dance fitness combining the use of toning sticks or light weights, choreographed to Latin & pop music.

Hip Hop Cardio: Burn lots of calories with this high impact, Hip Hop dance FITNESS workout, to the latest pop music.

High-Intensity Interval training (HIIT): A form of interval training, an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts provide improved athletic capacity and condition as well as improved glucose metabolism.

Kickology: Cardio Kickboxing is a combination of dance and martial arts that will undoubtedly improve your endurance and cardiovascular fitness, tone muscles and shred your abs if you practice consistently with power and precision. Cardio Kickboxing routines are characterized by their high intensity intervals coupled with toning recovery periods to zap calories and define your muscles.

Mat Monday: Full body Pilates infused workout, without equipment.

RIPPED: Resistance, Intervals, Power, Plyometrics, and Endurance - It's a pre-choreographed, athletic based workout that incorporates weights and cardio

Shallow Water: Shallow water interval training is a no impact class that will raise your heart rate and get your blood flowing.

Stretch and Strength: This class marries mobility and strength to music. Get strong and flexible!

Tabata: A high-intensity, interval training class!

TRX Blast: TRX challenges you to push your strength to new levels in this rep-based workout using on the TRX suspension trainer and your own body weight

Vinyasa Yoga: A class designed for those that want to take their yoga practice to the next level. An upbeat, exhilarating class that will sculpt your body, improve flexibility, and increase muscle tone while relieving stress.

Zumba®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Routines feature interval training sessions, using fast and slow rhythms for a fun dance workout.

Zumba Tone & Stretch: A mix of latin and modern pop cardio dance routines while integrating resistance training, balance, and flexibility

Zumba® Step: A lower-body, calorie-burning workout, blending Latin rhythms and pop music. Tone and strengthen glutes and legs with blend of Zumba routines and step aerobics. You will see maximum results without losing the easy-to-follow fitness-party.

ACC Community Center Hours:

Monday-Thursday: 5 a.m.-10 p.m.

Friday: 5 a.m.-8 p.m.

Saturday: 7 a.m.-8 p.m.

Sunday: 10 a.m.-7 p.m.

OnlineAtAnthem.com

623-879-3011