

# MARCH GAFFNEY

## GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <b>starts 3/23</b> <b>YOGA</b> <b>(Aprile)</b> <b>0900-1000</b>	 <b>Zumba GOLD</b> (Doris&Kenise) 1000-1100	<b>WDDD®</b> <b>Butts &amp; Guts</b> 0515-0615	 <b>Zumba GOLD</b> (Doris&Kenise) 1000-1100	<b>WDDD®</b> <b>L.I.F.T.</b> 0630-0730	<b>ALL AQUA</b> <b>(Deb)</b> 0800-0845
<b>Hot Hula</b> <i>returns</i> <i>April 2nd</i>	 <b>Zumba GOLD</b> (Doris&Kenise) 1000-1100	<b>Belly Dance</b> <b>Boot Camp</b> (Shannon) <b>1130-1230</b>	<b>Zumba GOLD</b> (Doris&Kenise) 1000-1100	 <b>Saint Patrick's Day</b> March 17	
<b>WDDD®</b> <b>Power Pyramid</b> 1715-1815	<b>WDDD®</b> <b>Kettlebells</b> 1715-1745	<b>WDDD®</b> <b>Body Blast</b> 1715-1815	<b>WDDD®</b> <b>Medicine Balls</b> 1715-1745		
<b>Zumba</b> (Michelle) 1800-1900	<b>Body Tone</b> (Adele) 1715-1815	<b>Zumba</b> (Natalhy) 1730-1830	<b>Body Tone</b> (Adele) 1715-1815	<b>Zumba</b> (Michelle) 1800-1900	
<b>Boxing</b> (Amanda) 1815-1915	 <b>BOXING</b>	<b>Boxing</b> (Amanda) <b>1815-1945</b>	<b>Boxing</b> (Amanda) 1815-1915	<b>Buy a pass for a great deal!</b> <b>\$30 for 10 classes, \$60 for 20</b> <b>(\$5 for drop-ins/guests)</b> <i>*we accept exact cash or check.</i> <i>Non-transferable, valid 90 days</i>	
	<b>Zumba STEP</b> (Michelle) 1830-1930	<b>Soul Line Dancing</b> (Anna) 1830-1930	 U.S. ARMY <b>SFA</b> SPORTS • FITNESS • AQUATICS		

### SPIN CLASSES

<b>WDDD®</b> <b>Freestyle Spin</b> 0515-0615	<b>Sunrise Spin</b> (Maliki) 0530-0630		<b>Sunrise Spin</b> (Julie) 0530-0630	<b>WDDD®</b> <b>Freestyle Spin</b> 0515-0615	
<b>SPIN</b> (Adele) 1715-1815	<b>UNIT SPIN</b> <i>By appointment only. Email sylvia.l.garcia.naf@mail.mil</i>	<b>HIP-HOP SPIN</b> (Adele) 1715-1815	<b>SPRING INTO FITNESS AEROBATHON APR 4, 2020</b> <b>@ GAFFNEY 0930-1230</b>		

## CLASS DESCRIPTIONS

**Belly Dance Boot Camp:** A mixed level non-impact fitness & dance class focused on total-body strength, flexibility and tone. Expect to work hard, learn, and challenge yourself as we drill muscular isolations of Middle Eastern (belly) dance, in a fun and very effective total core workout like none other! This class welcomes all bodies, all genders, and all ages.

**Body tone:** Full body resistance training for all age groups and abilities. You'll perform exercises using mats, dumbbells, and bodyweight to tone your body from head to toe! An awesome playlist will help you forget how hard you are working.

**BOXING:** A workout designed with boxing combinations as part of a balanced training plan. boxing produces a total-body training effect for the development of strength and mobility to make you strong, toned, and unbelievably fit. (in Combatives room AND Boxing room 1815-1915)

**Hot Hula Fitness®:** Dance away calories to drumbeats and hip-hop/reggae with HOT HULA fitness®. Our workouts are effective, fun for all ages and fitness levels and easy to follow. You have nothing to lose, just weight and inches. Go for it! This class will return April 2.

**Soul Line Dancing class:** Dancing is Therapy for the mind, body, & soul! \*\*A fun way to stay fit and healthy\*\* SOUL Line dancing offers something for everyone. Come learn the latest beginner choreographed dances to great rhythm and blues music while enjoying many other health benefits (reduce stress, increase stamina, and improve posture, balance, and coordination).

**SPIN/HIP-HOP SPIN:** This short super high intensity class is for all levels. Blast away calories with high energy spinning drills, interval training, and strength rides. Great cardiovascular workout simulating a variety of hill climbs, flat roads, and sprints to upbeat tunes. This class is for all fitness levels Bring towel and water bottle.

**Yoga:** This class is vigorous flowing style of Yoga which blends Vinyasa and Hatha. A vinyasa is actually 3 hatha yoga poses — plank, cobra and down dog. These poses are used in between most other poses as a way of connecting one pose to the next, intertwining the movements into a very Yang type practice. This class is suitable for all fitness levels.

**Zumba®:** fuses INTERNATIONAL rhythms and moves to create Exercise in Disguise utilizing the naturally occurring intervals of the music. All levels are welcome! Please try ALL instructors. They all have a distinct style and will give you wonderful variety in your workout as well as our Zumba playlist!

**Zumba® Step:** Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Benefits. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**Zumba GOLD®:** Zumba Gold is perfect for Young Adults and Active Older Adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

## H2O FITNESS CLASS

**ALL AQUA:** In the water anything goes. This class plays with fun new equipment and old standards while offering a low/no impact workout that will have you sweating. Classes may be held in shallow or deep water, but don't worry, no swimming skills are required.

**Aqua Mat: Balance Training (limit 10 participants):** Gaffney Fitness Center offers participants a unique, FUN, and challenging balance training option utilizing GLIDEfit floating aqua mats. This Aquatic Based Stability Training (ABST) workout gives a total body workout designed for those who are new to aqua mat training. Our program incorporates yoga, HIIT, core strength and cool down exercises to maximize the benefits of floating fitness..

## WDDD® CLASSES are brought to you by April, owner of WANT DIFFERENT DO DIFFERENT.

**WDDD® Body Blast:** is an all inclusive, dynamic, and multifaceted strength and conditioning workout designed to improve your overall fitness level; Utilizing ground based exercises that revolve around static sets followed by dynamic blasts, this class targets the whole body leaving you drenched in sweat and empowered like never before. The class is "Different" every time you come and you're better every time you leave! All levels are welcome!

**WDDD® Butts and Guts:** will Reduce, Shape, Tone and Lift those stubborn areas in your glutes, abs, hamstrings and quads by focusing on the major muscles of your buttocks, legs and core - incorporating floor and upright exercises.

**WDDD® Medicine Balls:** this class incorporates both the Dual Grip Medicine Balls and our Weighted Medicine Balls. the Medicine Ball exercises will bridge the gap between conventional strength and endurance exercises. These exercises teach the summation of force from the ground through the legs, through the core, and out through the arms. The medicine ball takes many standard core exercises up a notch in a comfortable and functional way. Because holding a ball is a bit more natural than holding a barbell or dumbbells, using it in a core series increases intensity. All levels are welcome as we use all sizes/weights of balls. Ready to have some fun and get a great workout in? JOIN US TODAY!

**WDDD® Freestyle Spin:** This a great cardiovascular workout. Pedal through hill climbs, sprints, endurance, and many other challenging drills and exercises. Great Music, Great Energy, Great Workout!

**WDDD® L.I.F.T.:** *Light to Moderate Weights. Individual Intensity. Functional Fitness. Training* .- In this Upper Body strength training class you will perform a wide variety of exercises to tone and sculpt each muscle group in the upper body, arms, shoulders, pecs, delta and lats. This class is ideal for those seeking the look of long and lean muscles, in a low-impact environment. Come join us in choosing to Do Different. All fitness levels welcome.

**WDDD® Power Pyramid** is challenging strength training workout designed to raise and lower the heart rate through building blocks of strength and cardio exercises. These exercise sets will both increase and decrease progressively throughout the duration of the class, maximizing the caloric burn and sculpting your entire body. This class targets all major muscle groups by using a wide variety of body weight functional exercises. Ready to Do Different? All levels welcome!