

Balance & Coordination	This class focuses on different facets of functional movement. We will work on improving strength, gross motor function, some fine motor skills, balance through functional activity, muscle memory and coordination. The class is designed for those of all ability levels of functionality. \$15/month Instructor: Isaac
Sleek Physique	A combination workout that sculpts and tones the body while training the student to use the equipment correctly and safely. This class includes mat work, free weights, stability ball and more. See it to believe it! \$20/month Instructor: Shari
Boot Camp	Weight Based group fitness class that is tailored to the participants with a focus on strength, cardio, and core. \$20/month Instructor: Brooke
Chair Yoga Level I	Gentle yoga using the chair for sitting poses and for support during standing and balancing poses. This class focuses on range of motion, flexibility, strength and balance and is a good class if you have never done yoga before or find it uncomfortable to be on the floor. \$20/month Instructor: Kristen
Chair Yoga Level II	This class involves more complex standing and floor poses than the Level I class using the chair for sitting, standing and balance poses, ending the class with relaxation. \$20/month Instructor: Kristen
Circuit Circus	This fun high-level fitness program builds your strength, balance, agility and coordination. Brain elasticity routines and games are a great way to get fit physically and mentally. Come play w/ us. Moderate to intense workout. \$20/month Instructor: Shari
Classic	Perform activities of daily living with more ease with this class focused on building muscular endurance and improving joint range of motion. \$20/month Instructor: Courtney
Core & More	Who needs a strong core? In this 30-minute class participants will stand and do floor work using a variety of tools (hand weights, bands, BOSU and body-weight) to strengthen the core muscles which are the body's center of power. \$10/month Instructor: Donna P.
FITT	Involves building of all major muscle groups while incorporating moderate cardio throughout the class time. \$25/month Instructor: Donna
Focus on Strength	Small group personal training designed to offer you a personalized strength routine using machines and free weights. \$65/month Instructor: Isaac
Parkinson Class	This class is designed to help with the balance, strength, and coordination challenges that individuals living with Parkinson's Disease face. \$25/month Instructor: Blake
PiYo Freestyle	Incorporate the benefits of both Pilates and Yoga. Utilizing both disciplines promotes balance and stability while building a firm core and increasing flexibility. \$15/month Instructor: Brooke
PiYo Progression	Utilizing the shared benefits of Pilates and Yoga, this class is scheduled to progress you through 12 levels over the course of a year. \$15/month Instructor: Brooke
SS Circuit	Total body blast! This class will rotate between cardio and strength training using weights and the resistance of stability balls while incorporating some floor work. A great class to work the whole body at an upbeat tempo. NOT for a beginning exerciser \$20/month Instructor: Alyssa
Tai Chi	A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. As a system of physical exercise used to improve and maintain health, t'ai chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems. \$20/month Advanced: Robert
VariYoga	Gentle alignment based yoga to help improve range of motion, strength and balance while incorporating breathing and relaxation. Great class for new or continuing yoga students. \$25/month Instructor: Kristen
Yoga	MON -Iyengar style yoga focuses on each pose's proper physical alignment and therapeutic effects. These classes are designed to improve flexibility, posture, and other areas of the body. The last Monday of each month we practice Restorative yoga which allows the students to relax and hold the poses longer through the use of props. \$25/month Monday- Cindi WED - Slow, mindful movement, balancing challenge with deep relaxation. We emphasize alignment, strength, safety, and form. We focus on doing the postures mindfully while building the requisite strength and balance to practice safely. \$25/month Wednesday- Susan D.
Progressive Yoga	Asanas (postures) are modified to your strength, flexibility and experience levels. We will progress at YOUR rate according to individual abilities and limitations. Encouraging and empowering your own intuitive sensibilities. Moderate to high challenge level. \$40/month Instructor: Shari
Zumba Gold	Zumba Gold introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to dance, and prepare to leave empowered and feeling strong. \$30/month Instructor: Andrea

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[Aerobics Class Schedule]

Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a	FITT (2)		FITT (2)		FITT (2)	
8:30 a		Core and More (8:15) (2)	Yoga (1)	Core and More (8:15) (2)		
9:00 a	Progressive Yoga (2)	VariYoga (1)	Progressive Yoga (2)		Progressive Yoga (2)	PiYo Freestyle (1)
10:00 a	Zumba Gold (1) Circuit Circus (2)	SS Circuit (1) SS Chair Yoga (2)	Zumba Gold(1) Circuit Circus (2)	SS Circuit (1) SS Chair Yoga (2)	Zumba Gold (1)	
11:00 a	Parkinson's Balance and Coordination (1)	Chair Yoga Level II (2)		Chair Yoga Level II (2)		
12:00 p		Classic (2)		Classic (2)		
12:30 p	Tai Chi Advanced (1)		Tai Chi Advanced (1)			
1:00 p	Focus on Strength (G)	Parkinson's Class (2)	Focus on Strength (G)	Parkinson's Class (2)	Focus on Strength (G)	
4:00 p						
5:00 p		Barre (1)		Barre (1)		
5:30 p		Yoga (1)		Boot Camp (2)		PiYo Progression (1)
6:00 p	Sleek Physique (2)		Sleek Physique (2)			

(1)- Group Exercise Room 1 (2)- Group Exercise Room 2 (G)- Gym

****See back for descriptions of classes****