



# Clear Creek Family Activity Center Fitness Class Schedule

717 Burks Branch Rd, Shelbyville, KY 40065  
502-633-5059 [www.shelbycountyparks.com](http://www.shelbycountyparks.com)

**Effective Date: November 7, 2017**

**STAY HYDRATED: BRING WATER TO ALL CLASSES**

**Nursery Hours:** Monday – Friday 8:30 am – 11:00 am  
Summer hours 8:30 am – 12 noon  
Monday – Thursday 5:00 pm – 8:00 pm  
*For ages 7 and under*  
FAC Members – Free Nonmembers - \$3

**Class Fee:** FAC Members – Free  
Non-Members - Yoga - \$8  
All other classes - \$6  
*Senior Discount - \$1 off class price*

## Cardio Kickboxing

Alternates intensity levels of kickboxing and aerobics for a unique and fun fitness experience. Punches, kicks and other moves can be modified to fit all fitness levels. Any equipment needed will be provided. Beginners are welcomed!

**Wed 6:00p Gym Bethany Tucker**

## NIA – Non-Impact Aerobics

Cardio dance workouts from dance arts, martial arts and healing arts to get a 60-minute body, mind, emotion and spirit workout. Non-impact, barefoot and dancing to diverse and inspiring music.

**Mon 5:45p Aerobic room Shayne Wigglesworth**

## Foam Rolling

Learn how to reduce joint pain and muscle tension with self-treatment techniques. Decreasing pain throughout the entire body and relax connective tissue and muscles. Only 20 spots available

**Wed 5:45p Aerobic Room Shayne Wigglesworth**

## HIIT Me Fit – Cardio, Core & More

A 45-minute HIIT High Intensity Interval Training workout using short bursts of peak effort followed by short rest periods. Combination of cardio, core stability, mobility and balance training. Modifications to fit ALL ability levels, beginner and advanced. For low/no impact or high impact training.

**Mon 9:30a Gym Patti Cloar**

## Barre @ the Park

A workout designed to trim, tighten and tone your body. Glutes, abs and legs using controlled movement.

**Thurs 6:30p Waldrige Tristen Stansfield**

## Zumba®

An hour of Latin inspired fitness fun!! International music, dance and fitness movements create a dynamic and exciting class! Dancers and non-dancers can EASILY master this class.

**Wed 9:15a Gym Patti Cloar**

**Mon 6:00p Gym Beth Hoehner**

## Step

A FUNTASTIC class that utilizes a step bench to maximize calorie burn and Step is perfect for beginners, as well as those ready to step it up a notch! Be prepared to work those abs at the end of class.

**Fri 9:15a Aerobic Room Patti Cloar**

## Cardio Combo

Get the best of both worlds! This hour long step / HiLo combo class is PERFECT for beginners as well as those who are ready to increase intensity. Includes core work

**Tues & Thurs 7:00p Aerobic Room Sabina / Sheri**

## Belly Dancing

This class teaches the foundation movements of Middle Eastern dance, with a thorough warm up and cool down.

**Thurs 12 p.m. Aerobic Room Helen Holifield**

## Strength Works

Highly efficient full body strength training workout using hand weights, body weight, resistance bands, and stability balls. Great for all fitness levels.

**Mon, Wed & Fri 8:15a Aerobic Room Patti Cloar**

**Wed 7:00p Aerobic Room Tristen Stansfield**

## Piloxing

Done to music, this high intensity cardio interval training program alternates boxing, standing Pilates and dance inspired moves to kick up the burn to 850+ calories! This fat torching, muscle sculpting workout is low impact. The use of weighted gloves cranks up the calorie burn!

**Mon 7:00p Aerobic Room Tristen Stansfield**

**Tue 9:15a Gym Tristen Stansfield**

## PiYO Flow

Achieve better flexibility and balance. 30-minute class.

**Thurs 8:30 am Aerobic Rm Bayley Thompson**

## **PiYO**

PiYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of yoga. You'll use your body weight to perform a series of continuous, targeted moves to work your whole body.

**Tues 8:30 am Aerobic Rm Bayley Thompson**

## **Body Shred**

Get your day started with a class designed to burn fat and tone muscles. This class is a mixture of cardio, weights, and core toning that is sure to get you in shape. During the summer class time is 6am.

**Mon, Wed & Fri 5:15a Aerobic Rm Melinda Hardin**

## **Silver Sneakers<sup>®</sup> Cardio**

Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your lifestyle.

**Tue 9:00a Conference Room Sheri Charbeneau**

**Thurs 9:00a Conference Room Tristen Stansfield**

## **Silver Sneakers<sup>®</sup> Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Mon 9:00a Conference Room Tristen Stansfield**

**Wed 9:00a Conference Room Sheri Charbeneau**

## **YOGA**

### **Ashtanga Yoga**

This aerobic system of yoga is based on a specialized sequencing of postures and focuses on breathing.

**Sat 9:00a Aerobic Room Frank Dempsey**

### **Yoga with Dyna / Frank**

Focus of this class will be heating the body, breathing, feeling, moving and stretching. Students from all levels can benefit from this heated class.

**Tue & Thurs 5:30p Aerobic Room Dyna / Frank**

### **Hatha Yoga**

This class offers a variety of poses. Beginners and experienced students alike can benefit from the gentle stretching that is adaptable to all levels.

**Mon 9:15a Aerobic Rm Bayley**

**Tue & Thurs 7:30a Aerobic Rm Fran / Beth M.**

**Wed 9:15a Aerobic Rm Dyna Zehnder**

**Tue & Thurs 9:30a Aerobic Rm Helen / Beth M.**

**Sat 8:00a Aerobic Rm Frank**

### **Senior/Rejuvenating Yoga**

This gentle yoga class targets those that may find other yoga activity too challenging. It is for anyone who wants to increase flexibility & mobility. Poses will be adapted for any special needs or physical limitations.

**Tue & Thurs 11:00a Aerobic Rm Helen / Beth M.**

## **Mindful Yoga**

This Hatha Yoga class emphasizes mindfulness – moment – by – moment attention – to integrate mind and body. Mindful yoga helps manage stress, improves concentration and increases flexibility and strength.

**Wed 5:00p Conference Room Paul Salmon**

## **Water Aerobics**

### **Willing Wonders**

This class participates in cardiovascular, resistance training, flexibility and stretching exercises in a fun filled hour of exercise. Be sure to check out the monthly birthday celebrations.

**Mon, Wed & Fri 11:00a Pool Diane Bickers**

### **Early Dippers**

Start with a warm-up, 30 to 35 minutes of cardio exercise and a warm down using pool noodles. It is a time of exercise, fellowship, and prayer. You are encouraged to join us.

**Mon, Wed & Thurs 7:15a Pool Karen Chance**

### **Silver Splash**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Mon – Fri 10:00a Pool Don VanMeter**

### **Cardiodelites**

45 minutes of water cardio performed in shallow water. Class includes jogging, cross-country skiing, jumping and other activities that elevate the heart rate, resistance training and concludes with stretching exercises.

**Mon, Wed & Fri 9:00a Pool Don VanMeter**

**Mon, Tue & Thurs 6:00p Pool Pat /Don**

**Tue & Thur 7:00p Pool Don VanMeter**

### **Deep Water**

In the deep part of the pool participants enjoy exercises from the shallow water class, as well as exercises specifically for the deep. We conclude with some abdominal work, resistance training with the noodles and with stretching.

**Tue & Thurs 9:00a Pool Don VanMeter**

### **Arthritis Foundation Aquatic Program**

This Arthritis Foundation accredited class begins walking concentrating on heel, ball and toe to keep the foot alignment correct. We will also work on upper body and lower body strength and range of motion and overall flexibility. Finally it's time to stretch and a warm sauna or shower.

**Tue & Thurs 11:00a Indoor Pool Don VanMeter**

### **Saturday Sizzlers**

Fun from beginning end this class includes cardio and strength training.

**Sat 9:00a Indoor Pool Vicky Stucker**