Clear Creek Family Activity Center
Fitness Class Schedule

SHELBYVILLE SHELBY COUNTY PARKS & RECREATION

717 Burks Branch Rd, Shelbyville, KY 40065
502-633-5059 www.shelbycountyparks.com

Effective Date: March 20, 2018
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

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 6:45p Waldridge 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

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

Body Shred – Boot Camp
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

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
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
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 Room Bayley Thompson

Tai Chi
Principles learned and practiced help create well-being in mind and body. Benefits include stress reduction, increase flexibility, improve circulation.
Wed 10:30 am Aerobic Room Bayley Thompson

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

Silver Sneakers® 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 Bayley Thompson
Thurs 9:00a Conference Room Tristen Stansfield

Silver Sneakers® 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 Tristen Stansfield

YOGA

Senior/Rejuvenating Yoga

This gentle yoga class targets those that may find other yoga activity too challenging. This class will help increase mobility and flexibility. Poses will be adapted for any physical limitations.

Tues 11:00a Aerobic Rm Helen Holifield

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 7:30a & Thurs 8:00a Aerobic Rm Fran/Helen
Wed 9:15a Aerobic Rm Dyna Zehnder
Tue & Thurs 9:30a Aerobic Rm Helen
Sat 8:00a Aerobic Rm Frank

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, Tues, 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