



Clear Creek Family Activity Center Fitness Class Schedule

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

Effective Date: December 1, 2018

Nursery Hours: Mon – Fri 8:30 am – 11:00 am
Mon – Thur 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

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.

Mon & Wed 5:15a Aerobic Rm Linda Word
Thurs 6:45p Waldridge Tristen Stansfield

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 Rm Patti Cloar

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.

Mon 6:00p Gym Beth Hoehner
Wed 9:15a Gym Patti Cloar

Foam Roller

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

Fri 10:30a Aerobic Rm Shayne Wigglesworth

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 Rm Tristen Stansfield
Tues 9:15a Gym Tristen Stansfield

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 Rm Patti Cloar
Wed 7:00p Aerobic Rm Tristen Stansfield

Belly Dancing

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

Thurs 12p Aerobic Rm Helen Holifield

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 7:00p Aerobic Rm Sabina Chambers
Thurs 6:30p Aerobic Rm Sabina Chambers

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, Tues, Wed & Thurs 9:00a
Waldridge Ctr Tristen Stansfield/Bethany Tucker



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 Rm Frank Dempsey

Yoga with 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 Rm Frank Dempsey

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.

Tue & Thurs 8:00a Aerobic Rm Fran Ratterman

Wed 9:15a Aerobic Rm Dyna Zehnder

Tue & Thurs 9:30a Aerobic Rm Helen Holifield

Sat 8:00a Aerobic Rm Frank Dempsey

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 6:00p 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 thru 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 to end! This class includes cardio and strength training.

Sat 9:00a Indoor Pool

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

