

CLASS DESCRIPTIONS

Strength Works

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

M/W/F 8:15 & 9:30 am Aerobic Rm
T/Th 6 pm Aerobic Rm

Cardio Drumming

This is a fitness class for all ages and all fitness levels. Each class consist of 9-12 music routines. Class runs about 45 minutes and each person can expect to burn between 300-800 calories per class.

T/Th 9:30 am & 5 pm Aerobic Rm

Water Aerobics

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.

M/W/Th 7 am Indoor Pool
Mon thru Sat 10 am Indoor Pool
Mon thru Fri 11 am Indoor Pool
M/T/Th 4 pm Indoor Pool

Deep Water Aerobics

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 and stretching.

M/F 9 am Indoor Pool

BollyX



BollyX lets you unleash your inner rock star to music from the largest film industry in the world: Bollywood. No experience is necessary! We've designed a workout that will get you moving, sweating, burning, and smiling - all at once! The workouts are fun and invigorating but, more importantly, designed to drive fitness results through cardio exercise and muscle isolation.

Wed 6 pm Aerobic Rm

Hatha Yoga

This 1 hour & 15 minute class offers a variety of poses. Beginners and experienced students alike can benefit from the gentle stretching that is adaptable to all levels.

T/Th 8 am Aerobic Rm
T/Th 9:30 am (chair yoga) Waldrige Ctr

Foam Rolling

Foam rolling is a restorative class. It's a form of self massage that can help loosen up tight muscles and trigger points. Foam rolling helps improve circulation, decrease pain and soreness and increases range of motion. Bring a 36 inch length foam roller, yoga mat, and water.

T & F 10:30 am Aerobic Rm
Th 7 pm Aerobic Rm

Cardio Combo

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

Silver Sneakers

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.

M/W/F 9 am Waldrige Center

Dance Fitness

Get your cardio the fun way! Bayley is Zumba trained and uses Latin and other international music for this hour long dance cardio workout.

Sat 9:15 am Aerobic Rm

MONDAY

Water Aerobics 7:00 am
Strength Works 8:15 am
Strength Works 9:30 am
Silver Sneakers 9:00 am
Deep Water 9:00 am
Water Aerobics 10:00 am
Water Aerobics 11:00 am
Water Aerobics 4:00 pm
Cardio Combo 6:10—6:55 pm

TUESDAY

Hatha Yoga 8:00 am
Cardio Drumming9:30 am
Chair Yoga 9:30 am
Water Aerobics 10:00 am
Foam Rolling 10:30 am
Water Aerobics 11:00 am
Water Aerobics 4:00 pm
Cardio Drumming5:00 pm
Strength Works 6:00 pm

WEDNESDAY

Water Aerobics 7:00 am
Strength Works 8:15 am
Strength Works 9:30 am
Silver Sneakers 9:00 am
Water Aerobics 10:00 am
Water Aerobics 11:00 am
BollyX 6:00 pm

THURSDAY

Water Aerobics 7:00 am
Hatha Yoga 8:00 am
Deep Water 9:00 am
Cardio Drumming9:30 am
Chair Yoga 9:30 am
Water Aerobics 10:00 am
Water Aerobics 11:00 am
Water Aerobics 4:00 pm
Cardio Drumming5:00 pm
Strength Works 6:00 pm
Foam Rolling 7:00 pm

FRIDAY

Strength Works 8:15 am
Strength Works 9:30 am
Foam Rolling 10:30 am
Silver Sneakers 9:00 am
Water Aerobics 10:00 am
Water Aerobics 11:00 am

SATURDAY

Water Aerobics 10:00 am
Dance Fitness 9:15 am



FAC FITNESS CLASS SCHEDULE & RATES

Class Fees

FAC Members: FREE
NonMembers: \$5+ tax per class

Nursery (for ages 7 & under)

Monday thru Friday 8:15-11 am
FAC Members: FREE
NonMembers: \$3 per child

717 BURKS BRANCH RD, SHELBYVILLE, KY 40065
502-633-5059, SHELBYCOUNTYPARKS.COM



SHELBYVILLE
SHELBY COUNTY
PARKS & RECREATION