

## 5220 CLASS DESCRIPTIONS

**BOOTCAMP:** High-intensity, interval style group training class. This small group training focuses on total body strength and conditioning utilizing barbells, kettle bells, resistance equipment and/or bands focused on short, but intense bootcamp based workouts. Pushing, pulling, and squatting included with the help of your coach! (45 minutes)

**CARDIO FIT:** "Tabata" based class consisting of a warm up followed by cardiovascular and strength training exercises using a timer for consistency. Exercises focusing on abdominal strength and core conditioning performed at the end of class using a variety of equipment. (45-60 minutes)

**CHAIR FIT:** Fun filled 45-minute active senior adult class incorporates exercises from a chair using low-impact exercises to build bone density, muscular strength, and flexibility. This class enhances overall fitness and wellness. Standing exercises are included for balance training. (Meets in WC 238) (45 minutes)

**DANCE FIT:** It's a party NOT a workout! This class incorporates high and low intensity dance moves featuring various genres of music including Latin, country, hip-hop, and pop. (60 minutes)

**MINDFUL MOVEMENT:** Mat based class that uses the natural movement patterns of the body to find more strength and mobility in the system as a whole. (60 minutes)

**PILATES:** Exercises that focus on flexibility, balance and coordination as well as improving core strength. Pilates emphasizes postural alignment using mats, balls and/or small hand weights all while maintaining proper form and breathing. Includes both standing and mat work. (45 minutes)

**PILATES FUSION:** A low intensity blend of flexibility, balance and gentle Pilates techniques infused with stretching and abdominal strengthening exercises ending with positive relaxation exercises. (45 minutes)

**POUND FIT:** Full body cardio, strengthening and toning jam session inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, you will torch calories and tone while rocking to your favorite music! (30-45 minutes)

**STRENGTH FIT:** A total body toning class using a variety of exercise equipment, combining different size weights and resistance equipment to strengthen every muscle in your body. (45-60 minutes)

**STRENGTH & STRETCH:** Come for some low-impact cardio, strength and core training along with full body stretching. (45 minutes)

**FLEX FIT:** This class will use light-weight equipment to focus on balance, stability, flexibility, and core. You can participate sitting or standing, all while strengthening your body! (60 minutes)

**CIRCUIT FIT:** A class of full body workouts done at your own pace, in a circuit format.

### TO BRING JOY & ENDURANCE THROUGH SPORT

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. *Romans 15:13 ESV*

### 5220 HOURS

Mon - Tues: 5:30 a.m. - 8:00 p.m.

Wed: 5:00 a.m. - 5:00 p.m.

Thurs - Fri: 5:30 a.m. - 8:00 p.m.

Sat: 8:00 a.m. - 12:00 p.m.

Sun: CLOSED

\*Classes meet in the aerobics room unless otherwise indicated

### Adult Pickleball :

**Monday 10a.m. - 1p.m. and 5p.m. - 8:30p.m. Wednesday 8a.m. - 11a.m. and Friday 10a.m. - 1p.m.**

Recreation Director: Ben Beasley | 601-450-3032 | bbeasley@tbclife.net

Fitness & Facilities Director: LaDarius Felder | 601-450-3073 | lfelder@tbclife.net

Temple Dance Director: Lynn Crosby 601-310-3875 lynnecrosby3@gmail.com

Recreation Assistant: Hailey Barron | 601-450-3074 | hbarron@tbclife.net

Fitness Coordinator: | fitness@tbclife.net



# FIFTY-TWO TWENTY

## GROUP TRAINING SCHEDULE

### JANUARY 2024

MON	TUES	WED	THURS	FRI	SAT
5:30 AM BOOTCAMP Jesse *functional fitness		5:30 AM BOOTCAMP Scotty *functional fitness		5:30 AM BOOTCAMP (Rotation) *functional fitness	
6:00 AM CARDIO FIT Margo	6:00 AM STRENGTH FIT Margo	7:45 AM MINDFUL MOVEMENT Monica	6:00 AM CIRCUIT FIT Margo		
8:15 AM PILATES Erin	8:15 AM DANCE FIT Gina		8:15 AM DANCE FIT Summer		
9:15 AM Dance Fit Summer		9:15 AM DANCE FIT Kimberly	9:15 AM PILATES FUSION Valerie	9:15 AM DANCE FIT Kimberly	9:15 AM DANCE FIT Layla 2nd SAT Only
9:00 AM CHAIR FIT Mary Kate *B224		10:15 AM CHAIR FIT Valerie *B224	10:15 AM CHAIR FIT Valerie *B224	10:30 AM PILATES Instructor Rotation	
TEMPLE DANCE 12:00 - 2:00 3:00 - 4:00	2:00 PM FLEX FIT Danya	TEMPLE DANCE 12:15 - 1:15			
4:15 PM CARDIO FIT Danya	4:15 PM STRENGTH FIT Danya	TEMPLE DANCE 3:00 - 6:00			
	6:00 pm DANCE FIT Natalie	TEMPLE DANCE 3:00 - 6:00	5:30 PM CARDIO FIT Terica		
TEMPLE DANCE 5:30 - 8:00		TEMPLE DANCE 3:00 - 6:00			