

# JANUARY 2022

## FITNESS CLASSES

Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.

### RANCH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Cross Camp MAUREEN		Cross Camp MAUREEN		
9:00 AM	Power Pump DENISE B.	Dance Party DENISE P.	Power Pump DONNA	Dance Party JESSICA	Beat! JESSICA	
10:00 AM	Zumba® KITTI	Muscle Mix KITTI	Zumba® NICOLE	Muscle Mix KITTI	Pilates KITTI	Cardio Blast ROTATION
11:00 AM	Yoga Flow JOE F.	Hatha Yoga KATHY	Yin Yoga RENU	Hatha Yoga KATHY		Yoga Flow ROTATION
3:00 PM	AB Line Dancing JOE S.	Beginner Line Dancing JOE S.				
5:00 PM	Power Pump DONNA	Core & More MAUREEN	G.R.I.T. MAUREEN	Zumba® HIROMI		

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle JACKIE		Power Cycle LINDA		Power Cycle INGRID	
9:00 AM						Power Cycle ROTATION

### POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	H2O FIT SUE	H2O FIT DENISE P.	H2O FIT BARB	H2O FIT JESSICA	H2O HIIT SUE	H2O FIT BARB

### TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	TRX® Turbo MAUREEN					
9:00 AM	TRX® Healthy Joints I SUE		TRX® Healthy Joints II JOHN		TRX® Healthy Joints I INGRID	
11:00 AM					Roll & Recover MAUREEN	

### VIRTUAL WORKOUT

24/7

#TOOFITTOQUIT

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!

Seven days a week online at RanchOcala.com/Virtual-Fitness.

### SPECIAL PROGRAMMING

#### YOGASANA

SATURDAY, JANUARY 29, 2022 • 11 AM - 12:30 PM • SPIN STUDIO



# JANUARY 2022

## FITNESS CLASSES



Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.

### RANCH STUDIO

#### BEAT!

This unique fitness class uses drum sticks to pound out the 'beat' and work up a sweat! Drumming and clicking will fire up your muscles in this energetic cardio workout. Class concludes with a full-body stretch; floor exercises may be included.

#### AB LINE DANCING 'ABSOLUTE BEGINNER'

No previous experience is necessary! This level is suitable for those trying line dancing for the first time. Learn the basic steps of line dancing in a comfortable, stress-free environment. This 'absolute beginner' class incorporates varied music styles and is perfect for first-timers.

#### BEGINNER LINE DANCING

Join this fun, upbeat, line dance class that incorporates multiple styles of music. Previous 'Absolute Beginner' line dancing experience is recommended. This level will be a progression of the steps learned in 'Absolute Beginner' line dancing.

#### CARDIO BLAST

This high-energy cardio class offers a variety of low-impact aerobic-style movements that will boost your heart rate and burn calories. All fitness levels are welcome to join!

#### CORE & MORE

This class is designed to build core strength improving posture, balance, and stability. Expect a variety of exercises that target abdominal and back muscles while working on the mobility of hips, spine, and shoulders. This class will include a variety of equipment and floor work.

#### CROSS CAMP

This high-intensity, interval-style workout incorporates elements of strength, agility, and conditioning. Each class blends circuits of cross-training and boot camp style exercises. Designed to burn fat and build muscle, this workout promises a varied mix of high-energy training.

#### DANCE PARTY

This low-impact, dance-inspired workout is sure to work up a sweat! A variety of music and dance styles will get you motivated to move. Forget exercise; you have an invitation to the dance party!

#### G.R.I.T.

(Get Real Interval Training) is a full-body conditioning workout. Moderate to high-intensity exercise intervals focus on strength training and are paired with cardio bursts. G.R.I.T. and determination will get you fitness results fast!

#### MUSCLE MIX

Challenge muscular strength, endurance, and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms, and other small apparatus.

#### POWER PUMP

A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class also elevates the heart rate response. Build muscle and burn fat!

#### PILATES

Learn core strengthening techniques that improve balance, flexibility, and mobility. This class includes floor and standing movements aimed at improving overall posture and pain management.

#### YIN YOGA

Focused on joints and connective tissues, Yin Yoga is a prolonged, meditative practice. The instructor guides participants into specific postures, which are held for longer periods of time. Mats and blocks are available for use. Bring a pillow, blanket, or other supports if you prefer.

#### YOGA FLOW\*

This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen, all with a mind-body focus for improved wellness.

#### HATHA YOGA\*

This class begins with a slow flow of postures, then moves into a variety of sequences perfect for promoting joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises that restore a sense of balance and well-being.

#### ZUMBA®

Zumba®'s high-energy dance moves are blended to the rhythms of salsa, meringue, cumbia with reggaeton, and hip hop. Zumba brings you an inspired cardio-dance workout like never before.

\*Mats are limited. It is recommended to bring your own.

### SPIN STUDIO

#### POWER CYCLE

An interval-style cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

### POOL

#### H2O FIT\*

Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

#### H2O HIIT\*

This high-energy aqua class incorporates timed intervals of exercise and recovery. The exercises can be done at your own pace. All fitness levels are welcome.

\*Aqua Classes limited to 25 participants. Sign-in is available one hour prior to class start time.

### SPECIAL PROGRAMMING

#### YOGASANA

Join Maureen and Sandra for a special 90-minute yoga workshop. This workshop will teach you how to practice inversions; this is a category of yoga asanas that places your head below your heart and hips. Inversions help heat the body and increase blood flow to the brain, both of which invigorate and revitalize. Our yoga experts will demonstrate modifications.

Inversions are not suited for those with high blood pressure, detached retina, or glaucoma.

### TRX® STUDIO

#### 8 PERSON MAX

#### TRX® HEALTHY JOINTS I

This is perfect for the TRX® newcomer or those seeking a gentler approach to suspension training. Healthy Joints I supports active aging by improving strength, flexibility, and balance. This small group format ensures personal attention for maximum results.

#### TRX® HEALTHY JOINTS II

This session is the perfect progression for those with experience and success in Healthy Joints I. You can expect a higher level of challenge with regard to training strength, flexibility, and balance.

#### TRX® TURBO

This heart-pounding hybrid of suspension training combines kettlebells, BOSUs, and dumbbells for an accelerated, high-intensity challenge. TRX®-Turbo uses timed intervals for a metabolic workout that builds core strength, endurance, and athletic performance.

#### ROLL & RECOVER

This foam rolling class is a fusion of gentle yoga stretching and self-myofascial release. Foam rolling improves flexibility, reduces muscular stiffness, speeds up recovery, and helps alleviate pain. This is the perfect addition to your other training programs. Please bring your own foam roller.

### VIRTUAL WORKOUT

#### #TOOFITTOQUIT

Keeping fit at home is easy with The Ranch's virtual workouts! We have carefully crafted a balance of workouts that will enable you to keep up with your favorite exercises. These workouts are designed for limited space and incorporate equipment easily found at home.

To view our library of fitness videos, visitRanchOcala.com/Virtual-Fitness. Once you select a video, simply enter your email address and name to gain access.

