

# FEBRUARY 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		<b>Cross Camp</b> MAUREEN		<b>Cross Camp</b> MAUREEN		
9:00 AM	<b>Power Pump</b> DENISE B.	<b>Dance Party</b> DENISE P.	<b>Power Pump</b> DONNA	<b>Dance Party</b> JESSICA	<b>Beat!</b> JESSICA	
10:00 AM	<b>Zumba*</b> KITTI	<b>Muscle Mix</b> KITTI	<b>Zumba*</b> NICOLE	<b>Muscle Mix</b> KITTI	<b>Pilates</b> KITTI	<b>Cardio Blast</b> ROTATION
11:00 AM	<b>Yoga Flow</b> JOE F.	<b>Hatha Yoga</b> KATHY	<b>Yin Yoga</b> RENU	<b>Hatha Yoga</b> KATHY		<b>Yoga Flow</b> ROTATION
3:00 PM	<b>AB Line Dancing</b> JOE S.	<b>Beginner Line Dancing</b> JOE S.				
5:00 PM	<b>Power Pump</b> DONNA	<b>Core &amp; More</b> MAUREEN	<b>G.R.I.T.</b> MAUREEN	<b>Zumba*</b> HIROMI		

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>Power Cycle</b> JACKIE		<b>Power Cycle</b> LINDA		<b>Power Cycle</b> INGRID	
9:00 AM						<b>Power Cycle</b> ROTATION
4:00 PM			<b>Race Day</b> GIB			

### POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	<b>H2O FIT</b> SUE	<b>H2O FIT</b> DENISE P.	<b>H2O FIT</b> BARB	<b>H2O FIT</b> SUE	<b>H2O HIIT</b> SUE	<b>H2O FIT</b> BARB

### TRX® STUDIO

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

### VIRTUAL WORKOUT

24/7

**#TOOFITTOQUIT**

**CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!**  
Seven days a week online at [RanchOcala.com/Virtual-Fitness](https://RanchOcala.com/Virtual-Fitness).

### SPECIAL PROGRAMMING

#### ZUMBA® JAM

SATURDAY, FEBRUARY 5, 2022 • 10 AM • THE RANCH STUDIO

# FEBRUARY 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.

#### RACE DAY

This amped-up cycle class will present a journey of challenges to boost your athletic performance. Climbs, fast flat roads, and sprints will have you racing your way to increased levels of cardiorespiratory output. Plan to work for approximately fifteen minutes or more in Zone 4 (85% to 90% of your target heart rate training zone, a heart rate monitor is recommended).

### 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

#### ZUMBA® JAM

JOIN THE JAM! Take the 'work' out of your workout in this amped-up dance party. Our team of instructors will inspire you to swing, sway, and strut in this calorie-burning blast. Often called 'exercise in disguise' this workout is for everybody and every body!

### 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, visit [RanchOcala.com/Virtual-Fitness](http://RanchOcala.com/Virtual-Fitness). Once you select a video, simply enter your email address and name to gain access.



RanchOcala.com