



JANUARY 2023



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 JOHN | | Cross Camp LORI | | |
| 9:00 AM | Muscle Mix DENISE B. | Step Aerobics CAMMY | Muscle Mix SUE | Dance Party LORI | Pilates KITTI | |
| 10:00 AM | BEAT LORI | Muscle Mix KITTI | Zumba® NICHOLE | Muscle Mix KITTI | Zumba® NICHOLE | Cardio Blast ROTATION |
| 11:00 AM | Yoga Flow JOE F. | Hatha Yoga KATHY | Yoga Flow MELANIE | Hatha Yoga KATHY | | Yoga Flow MAUREEN |
| 5:00 PM | Power Pump MAUREEN | Zumba® JOSIE | G.R.I.T. MAUREEN | Power Flow Yoga MARY | | |

SPIN STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---------------------|---------|---------------------|----------|-----------------------|-------------------------|
| 8:00 AM | Power Cycle MARY | | Power Cycle LORI | | Power Cycle INGRID | |
| 9:00 AM | | | | | | Power Cycle ROTATION |

POOL

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 10:00 AM | Aqua Sculpt & Tone SUE | H2O FIT BARB | H2O FIT BARB | H2O HIIT SUE | H2O FIT BARB | H2O FIT BARB |

TRX® STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------------------|---------|-----------------------------------|----------|------------------------------------|----------|
| 8:00 AM | TRX® Turbo SUE | | | | | |
| 9:00 AM | TRX® Healthy Joints I SUE | | TRX® Healthy Joints II JOHN | | TRX® Healthy Joints I INGRID | |
| 10:00 AM | | | | | TRX® Turbo NATHAN | |
| 11:00 AM | | | | | Roll & Recover MELANIE | |
| 1:00 PM | Punch Out PD SUE/MAUREEN | | | | | |

SPECIAL PROGRAMMING

WALK AND RUN FOR WELLNESS

FRIDAY, JANUARY 20, 2023 • 1 PM • RANCH STUDIO

VIRTUAL WORKOUT

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!

SEVEN DAYS A WEEK ONLINE AT
RANCHOCALA.COM/VIRTUAL-FITNESS.



RANCH STUDIO

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.

BEAT ****NEW FOR 2023****

A low-impact aerobics class that uses drum sticks to pound out the "beat" and work up a sweat! This class encourages large, dynamic movement through "clicking" and "drumming" to improve cardiovascular health and build strength.

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!

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!

POWER FLOW YOGA ****NEW FOR 2023****

This practice incorporates a quicker, consistently paced flow of yoga poses. Flow yoga is designed to increase your stamina, strength, and stability. The yoga poses 'flow' from one to another with no break in between. The challenging, dynamic movements increase the pace and intensity in this mind-body class.

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.

STEP AEROBICS

This classic cardio workout has all the benefits of a high intensity exercise without the added joint stress. The continuous stepping up and down off of the platform is low on impact but high in energy. The step height is variable to accommodate all fitness levels. Step Aerobics a great heart pumping, calorie burning workout! Some classes may conclude with a few conditioning exercises.

**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

AQUA SCULPT & TONE

Water's resistance provides the perfect opportunity for strength and conditioning exercises. Not only will this class help to reshape your body while improving strength, balance and flexibility, it provides a low impact, supportive environment. Thanks to water's impact on gravity, it creates the ability for you to move safely through large ranges of motion, which improves function.

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

SPECIAL PROGRAMMING

WALK AND RUN FOR WELLNESS

Join Heather Yonce, professional running coach, for guidance on how to start a walking or running program, and how to advance to the next level! This 90-minute workshop will blend education with basic walking and running skills and drills, wear your workout gear! This program welcomes all experience and fitness levels.

TRX® STUDIO

12 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.

PUNCH OUT PD ****NEW FOR 2023****

The sport of boxing requires speed, agility, balance, strength, and stamina. These are the same things people with Parkinson's need to preserve or regain. This circuit style class incorporates rigorous, power training that strengthens muscles and empowers confidence. People with Parkinson's disease can enhance their quality of life with the right exercise. This program will help people combating PD feel better and function better. Don't sit back...come out swinging and Punch out Parkinson's!

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. Once you select a video, simply enter your email address and name to gain access.

