

# SEPTEMBER 2024

## 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>HIIT X</b> MAUREEN	<b>IGNITE</b> MAUREEN	<b>Super Circuits</b> BOB	<b>Cross Camp</b> SUE	<b>Cardio Dance</b> JESSICA	<b>IGNITE</b> MAUREEN
9:00 AM	<b>Muscle Mix</b> DENISE B.	<b>G.R.I.T.</b> JONATHAN	<b>Muscle Mix</b> SUE	<b>BEAT</b> JESSICA	<b>Muscle Mix</b> KITTI	<b>Cardio</b> ROTATION
10:00 AM	<b>Zumba®</b> AMY	<b>Muscle Mix</b> KITTI	<b>Zumba® Toning</b> AMY	<b>Power Pump</b> JONATHAN	<b>Zumba®</b> AMY	<b>Yoga Flow</b> ROTATION
11:00 AM	<b>Yoga Flow</b> JOE F.	<b>Hatha Yoga</b> MELANIE	<b>Yoga Flow</b> MELANIE	<b>Hatha Yoga</b> MAUREEN	<b>Yoga Stretch</b> MELANIE	
1:00 PM	<b>Punch out PD</b> PD COACHES					
5:30 PM	<b>GRIT</b> JONATHAN		<b>Power Pump</b> JONATHAN			
6:00 PM		<b>Restorative Yoga</b> MARY		<b>Yoga Stretch</b> MARY		

### SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>Power Cycle</b> JOE		<b>Power Cycle</b> SCOTT		<b>Power Cycle</b> SCOTT	<b>Power Cycle</b> ROTATION
10:00 AM		<b>Pilates Fusion</b> MAUREEN				
11:00 AM				<b>Tai Chi/QiGong</b> ART		
1:00 PM					<b>Pedal Out PD</b> PD COACHES	
5:00 PM				<b>STRONG Spin</b> MAUREEN		

### POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	<b>Aqua Sculpt &amp; Tone</b> SUE	<b>H2O FIT</b> BARB	<b>H2O FIT</b> BARB	<b>H2O HIIT</b> SUE	<b>H2O FIT</b> BARB	<b>H2O FIT</b> BARB
11:00 AM		<b>Neuro Aqua Challenge</b> (11:15 AM) SUE	<b>Water Warrior</b> MAUREEN			

### TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>TRX® Turbo</b> SUE				<b>TRX® Fusion</b> MAUREEN	
9:00 AM	<b>TRX® Healthy Joints I</b> SUE		<b>TRX® Turbo</b> JESSICA		<b>TRX® Healthy Joints I</b> BOB	
10:00 AM					<b>TRX® Turbo</b> NATHAN	
5:00 PM	<b>HIIT X</b> JONATHAN		<b>HIIT X</b> JONATHAN			

### SATURDAY ROTATION

SEPT. 7, 2024

- 8 AM > **POWER CYCLE**  
SCOTT
- 9 AM > **DANCE PARTY**  
PENNY
- 10 AM > **YOGA FLOW**  
MARY

SEPT. 14, 2024

- 8 AM > **POWER CYCLE**  
SCOTT
- 9 AM > **KRAZY FOR KETTLEBELLS**  
MAUREEN
- 10 AM > **YOGA FLOW**  
MARY

SEPT. 21, 2024

- 8 AM > **POWER CYCLE**  
SCOTT
- 9 AM > **DANCE PARTY**  
PENNY
- 10 AM > **YOGA FLOW**  
MELANIE

SEPT. 28, 2024

- 8 AM > **POWER CYCLE**  
SCOTT
- 9 AM > **KRAZY FOR KETTLEBELLS**  
MAUREEN
- 10 AM > **YOGA FLOW**  
MARY

## RANCH STUDIO

### BEAT

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.

### 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!

### 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.

### IGNITE

IGNITE is a total-body workout that combines cardio, strength training, and high-intensity intervals to maximize your calorie burn, boost your metabolism, and sculpt your body. With energizing music and motivational coaching, you will be driven to give your all and achieve your fitness goals.

### 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!

### PUNCH OUT PD

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!

### RESTORATIVE YOGA\*

This class focuses on relaxation, rejuvenation and deep healing. Restorative yoga is a gentle and slow-paced practice that uses props such as blocks to support the body in various poses. All fitness levels welcome.

### SUPER CIRCUITS

A high-intensity interval training fitness class that combines cardio and strength exercises in a circuit format. Participants move through a series of exercise stations, spending a set amount of time at each station before moving to the next one. The goal is to keep the heart rate up while working on various muscle groups throughout the body.

### 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.

### YOGA STRETCH\*

This class is designed to help the body come into a 'balance' of strength and flexibility. The stretching techniques will incorporate breath work to encourage relaxation and tension release. The goal is to improve range of motion and establish muscular balance. The stretches Sept. use props such as straps, blocks or stability balls. This class is suitable for all levels and body types.

### 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.

### ZUMBA\* TONING

Zumba\* Toning combines bodysculpting exercises with high-energy Zumba\* dance moves. Learn how to use lightweight, maraca Toning Sticks (or light dumbbells) to enhance rhythm and tone muscles. Don't miss this calorie-torching, strength-training fitness-party. Toning Sticks are not required to participate, but will enhance the workout, they will not be provided.

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

## SPIN STUDIO NEWLY RENOVATED!

### 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.

### PEDAL OUT PD

Pedal Out PD (Parkinson's Disease) is a cycling program that strives to improve the lives of those living with Parkinson's disease. POPD is a form of 'forced intensity' exercise on an indoor bicycle. Studies indicate that forced-intensity is beneficial in the management of Parkinson's symptoms; including improved motor function and cognitive health. A pre-screening questionnaire is required to attend this class.

### PILATES FUSION

Join us for an invigorating Pilates Fusion class that will strengthen your core, improve flexibility, and leave you feeling rejuvenated. This dynamic class combines traditional Pilates exercises with elements of yoga and functional movement to create a full-body workout that focuses on alignment, balance, and mind-body connection. All fitness levels welcome.

## TRX® STUDIO NEWLY RENOVATED!

### HIIT X

Welcome to HIIT X, the ultimate high-intensity 30-minute fitness workout designed to push your limits and maximize your results! This class is all about high-intensity interval training, where you'll alternate between short, intense bursts of exercise and brief recovery periods. Torch calories, boost metabolism, and improve your overall fitness level.

### 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.

### STRONG SPIN

Elevate your indoor cycling experience with our STRONG Spin fitness class, a dynamic fusion of strength training, endurance challenges, and cardio workouts on indoor cycling bikes. This high-intensity class is designed to push your limits, boost your fitness levels, and leave you feeling empowered and energized.

### TAI CHI/QIGONG

You CAN learn Tai Chi and Qi Gong. It is two classes in one. In your Beginners Tai Chi class, you will learn the basics and beyond. Both Tai Chi and Qi Gong are ancient practices that use very easy-to-do, and easy-to-learn movements, coupled with healthy breathing techniques. You will be practicing movements from both art forms, Tai Chi and Qi Gong. The movements can be modified, if you feel the need to sit during part of or all of class.

### 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.

## 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.

### NEURO AQUA CHALLENGE

Exercising in the water offers two important benefits with Parkinson's. The buoyant properties of water eases the force of gravity and stress on the joints. It helps to support balance which can lessen the risk and fear of falling. You experience resistance when moving through water which engages the muscles. The combination of resistance and buoyancy creates a safety net for trying larger and more sustained movement that helps to build strength and maintain flexibility.

### WATER WARRIOR

Dive into a high-energy aquatic workout like no other with our Water Warrior aqua fitness class! This dynamic and exhilarating class is designed to challenge your strength, endurance, and agility while providing a fun and refreshing workout experience in the water.

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

## 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.

