NOVEMBER 2026

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	SUNDAY
6:00 AM	Power Pump MAUREEN		Power Pump LORI B.		Morning Stretch LORI B		
8:00 AM	Cross Camp LORI/CARRI	HIIT X MAUREEN	Tabata Fusion MAUREEN	Cross Camp CARRI	Step Aerobics ROTATION	HIIT X MAUREEN	
9:00 AM	Muscle Mix DEBBIE	BEAT BRIDGET	Functional Strength & Core SUE	BEAT JESSICA	Muscle Mix KITTI	Cardio* ROTATION	
10:00 AM	Zumba® NORMA	G.R.I.T. JONATHAN	Zumba® NORMA	Power Pump JONATHAN	Dance Party PENNY	Yoga Flow* ROTATION	Yoga MARY/MAUREEN
11:00 AM	Gentle Yoga JOE F.	Hatha Yoga MELANIE	YOPI MELANIE	Yoga/Foam Rolling MAUREEN	Gentle Yoga CARRI		
1:00 PM	Punch out PD PD COACHES	Beginner Line Dancing SUE F	LOUD for Life NATALIE		United Against Parkinson's PD COACHES		
5:00 PM				Balls, Bosus and Bands MAUREEN			
5:30 PM	GRIT JONATHAN	Zumba® NORMA	Power Pump JONATHAN		TRX® BOTH SIDES SUE NOVEMBER 6TH ONLY		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Cycle GARY		Cycle LORIB.	Tai Chi/QiGong ART	Cycle MAUREEN		
9:00 AM	PiYo Stretch LORI M.		PiYo Stretch SHERRE		Yoga SUZANNE	Cycle* ROTATION	Spin MAUREEN/MARY
10:00 AM							
11:00 AM				Tai Chi/QiGong ART			
5:00 PM		Primal Movement MAUREEN					

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	W.A.V.E. SUE F		H20 FIT BARB		H20 FIT BARB		
10:00 AM	Aqua Sculpt & Tone SUE	H20 FIT BARB	H20 FIT BARB	H20 HIIT SUE	H20 FIT BARB	H20 FIT BARB	
11:00 AM	Water Chi TERI						

TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	TRX® Hybrid NED		TRX® Healthy Joints BOB		TRX® Healthy Joints BOB		
9:00 AM	TRX® Turbo SUE		TRX® Turbo MAUREEN		TRX® Turbo NATHAN		
10:00 AM							
5:00 PM	HIIT X JONATHAN		HIIT X JONATHAN				

THE RANCH
FITNESS CENTER & SPA

*SATURDAY ROTATION

NOVEMBER 7, 2026
9 AM > ZUMBA®
NORMA
9 AM > SPIN
SCOTT
10 AM > YOGA
SUZANNE

NOVEMBER 14, 2026
9 AM > DANCE PARTY
BRIDGET
9 AM > CYCLE
SCOTT
10 AM > YOGA
SCOTT

NOVEMBER 21, 2026
9 AM > LINE DANCING
SUE F
9 AM > CYCLE
LORI B.
10 AM > YOGA
MELANIE

NOVEMBER 28, 2026
9 AM > DANCE PARTY
BRIDGET
9 AM > CYCLE
MAUREEN
10 AM > CRYSTAL BOWL MEDITATION WORKSHOP
BRIDGET

NOVEMBER 2026 / FITNESS CLASS DESCRIPTIONS

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.

BEGINNER LINE DANCING
A variety of simple line dances with options based on participant needs. The steps are queued to assist with movement direction, steps counts and wall transitions.

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!

FUNCTIONAL STRENGTH & CORE
Participants use multi-joint, full body movements to train pushing, pulling, squatting, hinging and rotating while targeting the core to improve posture, balance and overall functional fitness.

GENTLE YOGA*
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 Jan. use props such as chairs, straps, blocks or stability balls. This class is suitable for all levels and body types.

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.

HIITX
Emphasizing Strength training with heavier weights/ weighted bars targeting major muscles groups. Incorporating fast paced functional movements to increase the heart rate while working on balance and agility.

LOUD FOR LIFE
A voice and communication maintenance class for individuals with Parkinsons. Participants work to maintain vocal loudness, speech clarity, vocal quality and confidence in everyday communication.

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

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.

PIYO STRETCH
This class combines Pilates and yoga-inspired stretches for a full-body release, better flexibility, and improved posture.

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!

PRIMAL MOVEMENT STRETCH
Deep active stretching designed to target fascia and restore muscle balance. Designed for all fitness levels.

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.

TABATA FUSION
This high-intensity interval training (HIIT) class blends all the principles of Tabata training with various fitness modalities, such as strength training, cardio, and functional movements. All fitness levels welcome.

TRX® HYBRID
A combination of training on and off the straps working on strength, endurance and flexibility. Floor work is include in this hybrid class. All levels welcome.

UNITED AGAINST PARKINSON'S!**
Are you living with Parkinson's Disease? Are you a care partner for someone living with Parkinson's? Join us for a 45-minute cardio and strength workout! Love cycling? We'll build cardiorespiratory endurance in the spin studio (consistent aerobic exercise has been shown to reduce Parkinson's symptoms). Since we all need to build muscle mass, we'll workout in the group exercise room using dumbbells, body bars, and battle ropes. This is YOUR workout - you can do it all for 45 minutes in one room or half in each room with supportive coaches in both rooms.

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.

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.*

***Whether you are a person living with Parkinson's or a care partner, call or stop by The Ranch reception desk for details regarding membership for BOTH of you. We look forward to uniting in the fight against Parkinson's!*

SPIN STUDIO

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.

SOFT STRETCH
A series of slow achievable stretching movements for the entire body. Designed for all fitness levels.

SPIN & TONE
Elevate your indoor cycling experience with our Spin & Tone fitness class, a dynamic fusion of strength training, endurance challenges, and cardio workouts on indoor cycling bikes. This high-intensity class is divided into 20 minute segments designed to push your limits, boost your fitness levels, and leave you feeling empowered and energized.

TAI CHI/QI GONG
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® STUDIO

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
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® 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.

TRX®-PLOSION
Unleash your power in this high-energy, beat-driven TRX® suspension training class designed to ignite every component of fitness—strength, speed, endurance, flexibility, balance, and core stability.

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 reducing impact on body experienced on land. This class utilizes the properties of water: 800 times more dense than air and 12 times more buoyant than air. Muscular strength, endurance, and control movements are intentionally incorporated into the workout for all fitness levels. Use of equipment increases intensity and cardio results which are done at an individual's pace.

H20 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.

W.A.V.E.
WAVES goal is to keep everyone moving in the pool and have fun exercising.

WATER CHI
Gentle, low impact class done in shallow warm water combining Tai Chi inspired movements with deep breathing.

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

THE RANCH
FITNESS CENTER & SPA

#16063 - 11/26

NOVEMBER 2026

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	SUNDAY
6:00 AM	**Power Pump** MAUREEN		**Power Pump** LORI B.		**Morning Stretch** LORI B		
8:00 AM	**Cross Camp** LORI/CARRI	**HIIT X** MAUREEN	**Tabata Fusion** MAUREEN	**Cross Camp** CARRI	**Step Aerobics** ROTATION	**HIIT X** MAUREEN	
9:00 AM	**Muscle Mix** DEBBIE	**BEAT** BRIDGET	**Functional Strength & Core** SUE	**BEAT** JESSICA	**Muscle Mix** KITTI	**Cardio*** ROTATION	
10:00 AM	**Zumba®** NORMA	**G.R.I.T.** JONATHAN	**Zumba®** NORMA	**Power Pump** JONATHAN	**Dance Party** PENNY	**Yoga Flow*** ROTATION	**Yoga** MARY/MAUREEN
11:00 AM	**Gentle Yoga** JOE F.	**Hatha Yoga** MELANIE	**YOPI** MELANIE	**Yoga/Foam Rolling** MAUREEN	**Gentle Yoga** CARRI		
1:00 PM	**Punch out PD** PD COACHES	**Beginner Line Dancing** SUE F	**LOUD for Life** NATALIE		**United Against Parkinson's** PD COACHES		
5:00 PM				**Balls, Bosus and Bands** MAUREEN			
5:30 PM	**GRIT** JONATHAN	**Zumba®** NORMA	**Power Pump** JONATHAN		**TRX® BOTH SIDES** SUE NOVEMBER 6TH ONLY		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	**Cycle** GARY		**Cycle** LORIB.	**Tai Chi/QiGong** ART	**Cycle** MAUREEN		
9:00 AM	**PiYo Stretch** LORI M.		**PiYo Stretch** SHERRE		**Yoga** SUZANNE	**Cycle*** ROTATION	**Spin** MAUREEN/MARY
10:00 AM							
11:00 AM				**Tai Chi/QiGong** ART			
5:00 PM		**Primal Movement** MAUREEN					

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	**W.A.V.E.** SUE F		**H20 FIT** BARB		**H20 FIT** BARB		
10:00 AM	**Aqua Sculpt & Tone** SUE	**H20 FIT** BARB	**H20 FIT** BARB	**H20 HIIT** SUE	**H20 FIT** BARB	**H20 FIT** BARB	
11:00 AM	**Water Chi** TERI						

TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	**TRX® Hybrid** NED		**TRX® Healthy Joints** BOB		**TRX® Healthy Joints** BOB		
9:00 AM	**TRX® Turbo** SUE		**TRX® Turbo** MAUREEN		**TRX® Turbo** NATHAN		
10:00 AM							
5:00 PM	**HIIT X** JONATHAN		**HIIT X** JONATHAN				

*SATURDAY ROTATION

NOVEMBER 7, 2026

9 AM > ZUMBA®
NORMA

9 AM > SPIN
SCOTT

10 AM > YOGA
SUZANNE

NOVEMBER 14, 2026

9 AM > DANCE PARTY
BRIDGET

9 AM > CYCLE
SCOTT

10 AM > YOGA
SCOTT

NOVEMBER 21, 2026

9 AM > LINE DANCING
SUE F

9 AM > CYCLE
LORI B.

10 AM > YOGA
MELANIE

NOVEMBER 28, 2026

9 AM > DANCE PARTY
BRIDGET

9 AM > CYCLE
MAUREEN

10 AM > CRYSTAL BOWL MEDITATION WORKSHOP
BRIDGET

THE RANCH
FITNESS CENTER & SPA

NOVEMBER 2026 FITNESS CLASS DESCRIPTIONS

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.

BEGINNER LINE DANCING
A variety of simple line dances with options based on participant needs. The steps are queued to assist with movement direction, steps counts and wall transitions.

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!

FUNCTIONAL STRENGTH & CORE
Participants use multi-joint, full body movements to train pushing, pulling, squatting, hinging and rotating while targeting the core to improve posture, balance and overall functional fitness.

GENTLE YOGA*
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 Jan. use props such as chairs, straps, blocks or stability balls. This class is suitable for all levels and body types.

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.

HIITX
Emphasizing Strength training with heavier weights/ weighted bars targeting major muscles groups. Incorporating fast paced functional movements to increase the heart rate while working on balance and agility.

LOUD FOR LIFE
A voice and communication maintenance class for individuals with Parkinsons. Participants work to maintain vocal loudness, speech clarity, vocal quality and confidence in everyday communication.

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

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.

PIYO STRETCH
This class combines Pilates and yoga-inspired stretches for a full-body release, better flexibility, and improved posture.

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!

PRIMAL MOVEMENT STRETCH
Deep active stretching designed to target fascia and restore muscle balance. Designed for all fitness levels.

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.

TABATA FUSION
This high-intensity interval training (HIIT) class blends all the principles of Tabata training with various fitness modalities, such as strength training, cardio, and functional movements. All fitness levels welcome.

TRX® HYBRID
A combination of training on and off the straps working on strength, endurance and flexibility. Floor work is include in this hybrid class. All levels welcome.

UNITED AGAINST PARKINSON'S!**
Are you living with Parkinson's Disease? Are you a care partner for someone living with Parkinson's? Join us for a 45-minute cardio and strength workout! Love cycling? We'll build cardiorespiratory endurance in the spin studio (consistent aerobic exercise has been shown to reduce Parkinson's symptoms). Since we all need to build muscle mass, we'll workout in the group exercise room using dumbbells, body bars, and battle ropes. This is YOUR workout - you can do it all for 45 minutes in one room or half in each room with supportive coaches in both rooms.

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.

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.*

***Whether you are a person living with Parkinson's or a care partner, call or stop by The Ranch reception desk for details regarding membership for BOTH of you. We look forward to uniting in the fight against Parkinson's!*

SPIN STUDIO

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.

SOFT STRETCH
A series of slow achievable stretching movements for the entire body. Designed for all fitness levels.

SPIN & TONE
Elevate your indoor cycling experience with our Spin & Tone fitness class, a dynamic fusion of strength training, endurance challenges, and cardio workouts on indoor cycling bikes. This high-intensity class is divided into 20 minute segments designed to push your limits, boost your fitness levels, and leave you feeling empowered and energized.

TAI CHI/QI GONG
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® STUDIO

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
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® 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.

TRX®-PLOSION
Unleash your power in this high-energy, beat-driven TRX® suspension training class designed to ignite every component of fitness—strength, speed, endurance, flexibility, balance, and core stability.

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 reducing impact on body experienced on land. This class utilizes the properties of water: 800 times more dense than air and 12 times more buoyant than air. Muscular strength, endurance, and control movements are intentionally incorporated into the workout for all fitness levels. Use of equipment increases intensity and cardio results which are done at an individual's pace.

H20 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.

W.A.V.E.
WAVES goal is to keep everyone moving in the pool and have fun exercising.

WATER CHI
Gentle, low impact class done in shallow warm water combining Tai Chi inspired movements with deep breathing.

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

THE RANCH
FITNESS CENTER & SPA

DOWNLOAD A PDF COPY AT RANCHOCALA.COM