Group Fitness Schedule

CITY of Statesville FITNESS & ACTIVITY CENTER

Monday

9:00-10:00 AM
Steppin' Up
Melanie

10:15-11:15 AM
Fit Forever
Linda

4:15-5:15 PM
Gentle Yoga
Jan K.

5:30-6:30 PM
PiYo
Shannon

6:30—7:30 PM
Zumba Step
Nayda

Tuesday

9:00-10:00 AM
Silver Sneakers Classic
Jan A.

10:15-11:15 AM
Chair Yoga
Jan A.

5:15-6:15 PM
Zumba
Nayda

6:30-7:30 PM
Ultimate Burn
Dina

Wednesday

8:00-9:00 AM
Zumba Gold
Nayda

9:00-10:00 AM
Steppin' Up
Melanie

10:15-11:15 AM
Fit Forever
Jan A.

5:30-6:30 PM
Gentle Yoga
Tiya

6:45-7:45 PM
Cardio Cycle
Veronica

Thursday

8:00-9:00 AM
Zumba Toning
Nayda

9:00-10:00 AM
Silver Sneakers Circuit
Melissa

10:15-11:15 AM
Chair Yoga
Melissa

5:30-6:30 PM
Ultimate Burn
Dina

6:45-7:45 PM
Zumba
Tammy

Friday

10:15-11:15 AM
Fit Forever
Dina

Saturday

8:00-9:00 AM
Cardio Cycle
Linda

9:00-10:00 AM
Steppin' Up
Melanie

10:00-10:30 AM
Core & More
Melanie

10:30-11:30 AM
MixxedFit
Shadese

- Group exercise classes are included in Annual and Monthly memberships.
- Single class passes are $5 per class.
- All group exercise classes are open to any fitness level. Some classes are designed as more advanced than other classes, but available to any fitness level to attend. Please notify the instructor before class if you require modifications.

- Class and instructors are subject to change.
- Classes with consistently low attendance may have format changed or be removed from schedule

Please use our Fitness on Demand system for group classes when a regular scheduled class is not in session!

FITNESS on demand

Statesville Fitness & Activity Center - 1875 Simonton Road, Statesville, NC 28625 – 704-878-3944

Group Fitness Class Descriptions

Cardio Cycle: Ride indoors! This class will get your legs moving and your energy level up. Includes climbs, sprints, and lots of fun!

Chair Yoga: Chair yoga adapts traditional yoga positions and poses by using a chair as needed by each individual. It is suitable for most ages, fitness levels, and physical conditions.

Core & More: Compliment your existing training with specific core conditioning to strengthen abdominal, back, and arm muscles.

Fit Forever: A senior based class that focuses on strength, endurance, and flexibility. Work out with friends and meet lots of new ones.

Gentle Yoga: Focus on improving your balance and flexibility while lowering your stress level. This class is great for beginners.

MixxedFit: MixxedFit is a people-inspired fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big , exaggerated, full-out, and our very best.

PiYo: The perfect blend of Pilates/Yoga, sports stretch, dance stretch, athletics, and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle. This dynamic fusion workout is easy on the joints while delivering strength, balance, agility, and flexibility in one unique calorie burning workout.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers Circuit: The Silver Sneakers Circuit offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of the individual participants.

Steppin' Up: It's your first step to a better body! Build stamina and burn fat through varied athletic and dance based aerobic routines using an adjustable platform.

Ultimate Burn: Get a total body workout by combining cardio, strength and flexibility in one great class to really feel the burn!

Zumba: High energy and motivating music plus fun and exciting moves equals a fantastic group workout experience.

Zumba Gold: An easy to follow class that lets you move to the beat at your own speed. Zumba Gold provides modified low-impact moves for active older adults

Zumba Step: Combining the power of Step class with the fun filled fitness party of Zumba!

Zumba Toning: This class is for those who want to Zumba party but put extra emphasis on toning and sculpting to define those muscles!