

Land Fitness Classes

20/20/20

Instructor: Shar Clemens

20 minutes of weights, 20 minutes of cardio, 20 minutes of core.
Work your ability, set a goal, challenge yourself.

Line Dancing

Instructor: Gina Harring

This class is designed to teach you basic line dance steps until you learn each move. Then the class performs together to the hottest country hits.

Ignition

Instructor: Shar Clemens

A high intensity training that uses relatively short, high intensity cardiovascular intervals that are alternated with less intense active recovery intervals of strength exercise.

Pilates

Instructor: Shar Clemens

This progressive program increases core strength, improves postural body alignment, awareness, functionality, strength, and flexibility while defining the muscles.

Silver Sneakers Cardio Circuit®

Instructor: Shar Clemens

Increase your cardiovascular and muscular endurance power using hand-held weights, elastic tubing with handles and a ball. A chair is offered for support, stretching and relaxation exercises.

Silver Sneakers Classic®

Instructor: Shar Clemens

Designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

SHiNE Dance Fitness

Instructor: Gina Harring

This class mixes current hit music with original choreography for the ultimate confidence - boosting, full-body workout experience you didn't know you needed! Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from daily stress. We believe fitness should be inclusive, effective, sustainable and FUN. Come along! It's your time to SHiNE!

Uplift

Instructor: Gina Harring

This class starts with a cardio warm-up and transitions to standing routines with equipment, alternating between the upper and lower body. Participants strategically work each muscle group to ensure an effective workout. A balance track is included after the muscles have been fatigued which is challenging, rewarding, and a welcome change of pace before transitioning to the mat. The workout finishes with routines for the core, booty, abs, chest and triceps and cool down with deep stretching. Leave feeling STRONG and CONFIDENT!

SHiNE Light

Instructor: Gina Harring

SHiNE Light is a branch of SHiNE Dance Fitness specializing in low-impact and simplified choreography. SHiNE Light uses all the same routines you find in SHiNE, but we reduce impact, increase stability and modify the moves to meet your needs as a student. It's a mood-lifting, confidence-boosting experience for anyone looking for a more inclusive approach to dance fitness. We believe everyone deserves the FUN that dance provides. Join us! It's your time to SHiNE!

Chair Yoga

Instructor: Victoria Byrd

Experience the benefits of yoga in a supportive and accessible way with Victoria's Chair Yoga class. Perfect for all ages and abilities, this class offers gentle stretches, mindful movement, and breathing exercises while seated or using the chair for support. Improve flexibility, balance, and relaxation without the need to get down on the floor. Come as you are and enjoy the calming, restorative power of yoga from the comfort of your chair.

Yoga Stretch & Flow

Instructor: Victoria Byrd

Join Victoria for a rejuvenating Yoga Stretch and Flow class designed to help you unwind, reconnect, and feel your best. This gentle yet energizing flow focuses on mindful movement, deep breathing, and full-body stretches to release tension and improve flexibility. Whether you're a seasoned yogi or brand new to the practice, you'll leave feeling refreshed, balanced, and ready to take on the day. Let's stretch and flow together!

Zumba Gold

Instructor: Shar Clemens

This class is perfect for older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. This class will focus on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling stronger. Your cardiovascular system, muscular condition, flexibility, and balance will all benefit from this class!

Aquatic Fitness Classes

Water Aerobics

Aqua Zumba

We now accept Silver & Fit and Active & Fit as well as Silver Sneakers and Renew Active.

Check with your insurance to see if you can enroll in any of these programs!

OCTOBER



Fitness Classes

**140 PAVILION DRIVE
GEORGETOWN, KY 40324
(502) 863-7865**

www.gscparcs.com

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OCTOBER 2025 FITNESS CALENDAR



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Water & Land classes are free to annual pass holders, Silver Sneaker, Renew Active, Silver & Fit and Active & Fit members!
Class offerings are subject to change or may be cancelled without notice. Drop in \$6R/\$7NR OR 10 visit pass \$40R/\$50NR +
Tax

 **Basketball Court**

 **Pool**

 **Dance Room**

			1 8:45a 20/20/20 10:05a Aqua Zumba 11:20a SS Classic 12:20 Zumba Gold (30 mins) 5:30p: Absolute Beginner Line Dancing 6:00p Beginner Line Dancing 7:00p Intermediate Line Dancing	2 8:45a Water Aerobics 10:00a SS Circuit	3	4
5 8:50a Ignition 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Aqua Zumba 11:00a Improver Line Dancing 11:20a SS Classic	6	7 8:50a Pilates 10:00a SS Circuit 10:00a Yoga Stretch & Flow 11:00a Chair Yoga	8 8:45a 20/20/20 9:00a Water Aerobics 10:05a Aqua Zumba 11:20a SS Classic 12:20 Zumba Gold (30 mins) 5:30p: Absolute Beginner Line Dancing 6:00p Beginner Line Dancing 7:00p Intermediate Line Dancing	9 8:45a Water Aerobics 10:00a SS Circuit	10 9:00a SHiNE Light 10:00a Uplift 11:00a Improver Line Dancing	11
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