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 in 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: Amy Wargelin
Experience the benefits of yoga in a supportive and accessible way without the need to get down on the floor. This class offers gentle stetches, mindul movement, and breathing exercises for all ages and abilities while seated or using the chair for support. Modifications are suggested and encouraged. Special focus will be placed upon improving flexibility, balance, and relaxation. Try chair yoga today!

Strech & Release Yoga
Instructor: Patrice Jimenez
Gentle warm-up leading to slower on the mat poses for deeper muscle release and stretch, all levels and modifications

Strength & Stability Yoga
Instructor: Patrice Jimenez
Warm-up and flow into standing and stability poses, focusing on strength and balance, all levels and modifications.

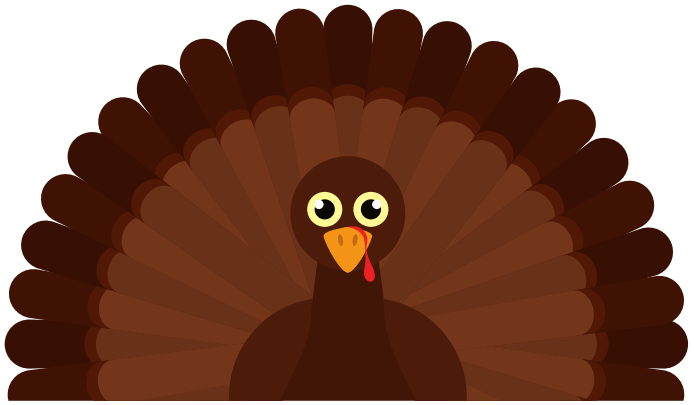
Total Body Circuit
(formally known as Boot Camp)
Instructor: Jessica Estridge
HIIT the ground running with this high energy, full body interval class. We will mix cardio and strength moves designed to maximize calorie burn, increase metabolism, and push yourself to new goals. All levels welcomed - come ready to sweat!

NEW Fitness Classes

Candlelight Yoga
Instructor: Patrice Jimenez
Beginner yoga by candlelight, slow down, stretch out, and relax for a gental midweek rest!

Aquatic Fitness Classes

Water Aerobics | Deep Water Aerobics
Water in Motion



November
Fitness Classes

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

www.gscparks.com

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GEORGETOWN-SCOTT COUNTY
CAPRA ACCREDITED

NOVEMBER 2026 FITNESS CALENDAR

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 $10 OR 20 visit pass $200.00.

Basketball Court | **Pool** | **Multi-Purpose Room** | **Dance Room**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:50a Pilates 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Water in Motion 11:00a Improver Line Dancing 11:20a SS Classic 5:30p Total Body Circuit	3 8:50a Deep Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	4 8:45a 20/20/20 9:00a Water Aerobics 10:00a Stretch & Release Yoga 10:05a Deep Water Aerobics 11:20a SS Classic 5:30p: Absolute Beginner Line Dancing 6:00p Beginner Line Dancing 7:00p Intermediate Line Dancing 7:00p Candlelight Yoga	5 8:50a Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	6 9:00a SHiNE Light 10:00a Strength & Stability Yoga 10:00a Uplift 11:00a Improver Line Dancing	7
8	9 8:50a Pilates 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Water in Motion 11:00a Improver Line Dancing 11:20a SS Classic 5:30p Total Body Circuit	10 8:50a Deep Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	11 8:45a 20/20/20 9:00a Water Aerobics 10:00a Stretch & Release Yoga 10:05a Deep Water Aerobics 11:20a SS Classic 5:30p: Absolute Beginner Line Dancing 6:00p Beginner Line Dancing 7:00p Intermediate Line Dancing 7:00p Candlelight Yoga	12 8:50a Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	13 9:00a SHiNE Light 10:00a Strength & Stability Yoga 10:00a Uplift 11:00a Improver Line Dancing	14 8:30a Good Morning Flow Yoga
15	16 8:50a Pilates 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Water in Motion 11:00a Improver Line Dancing 11:20a SS Classic 5:30p Total Body Circuit	17 8:50a Deep Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	18 8:45a 20/20/20 9:00a Water Aerobics 10:00a Stretch & Release Yoga 10:05a Deep Water Aerobics 11:20a SS Classic 5:30p: Absolute Beginner Line Dancing 6:00p Beginner Line Dancing 7:00p Intermediate Line Dancing 7:00p Candlelight Yoga	19 8:50a Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	20 9:00a SHiNE Light 10:00a Strength & Stability Yoga 10:00a Uplift 11:00a Improver Line Dancing	21 8:30a Good Morning Flow Yoga
22	23 8:50a Pilates 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Water in Motion 11:00a Improver Line Dancing 11:20a SS Classic 5:30p Total Body Circuit	24 8:50a Deep Water Aerobics 10:00a SS Circuit 11:00a Chair Yoga	25 8:45a 20/20/20 10:00a Stretch & Release Yoga 10:05a Deep Water Aerobics 11:20a SS Classic	26 Happy Thanksgiving PAVILION CLOSED	27 9:00a SHiNE Light 10:00a Strength & Stability Yoga 10:00a Uplift 11:00a Improver Line Dancing	28 8:30a Good Morning Flow Yoga
29	30 8:50a Pilates 9:00a Water Aerobics 9:00a SHiNE Light 10:00a Uplift 10:05a Water in Motion 11:00a Improver Line Dancing 11:20a SS Classic 5:30p Total Body Circuit	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!				

parks&recreation GEORGETOWN-SCOTT COUNTY