

## 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!

## NEW Fitness Classes

### 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 stretches, mindful 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!

### Beginner Yoga

Instructor: Patrice Jimenez

Yoga classes offer a peaceful and energizing way to improve strength, flexibility, balance, and overall well-being. Designed for all fitness levels, each session helps reduce stress, increase mobility, and leave you feeling refreshed and renewed.

### 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!

## Aquatic Fitness Classes

### Water Aerobics

### Aqua Zumba

### Deep Water Aerobics

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!



## Fitness Classes

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

[www.gscparcs.com](http://www.gscparcs.com)

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# JULY 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.



- Gym
- Dance Room
- Pool

			<p>8:45a 20/20/20 <span style="float: right;">1</span></p> <p>9:00a Water Aerobics</p> <p>10:05a Aqua Zumba</p> <p>10:00a Beginner Yoga</p> <p>11:20a SS Classic</p> <p>5:30p: Absolute Beginner Line Dancing</p> <p>6:00p Beginner Line Dancing</p> <p>7:00p Intermediate Line Dancing</p> <p>7:30p Beginner Yoga</p>	<p>8:50a Water Aerobics <span style="float: right;">2</span></p> <p>10:00a SS Circuit</p> <p>11:00a Zumba Gold</p> <p>11:30a Chair Yoga</p>	<p>10:00a Beginner Yoga <span style="float: right;">3</span></p>	<p>HAPPY 4th of July <span style="float: right;">4</span></p> <p>PAVILION CLOSED</p>
<p>5</p> <p>8:50a Pilates <span style="float: right;">6</span></p> <p>9:00a SHiNE Light</p> <p>10:00a Uplift</p> <p>10:05a Aqua Zumba</p> <p>11:00a Improver Line Dancing</p> <p>11:20a SS Classic</p> <p>5:30p Boot Camp</p>	<p>8:50a Deep Water Aerobics <span style="float: right;">7</span></p> <p>10:00a SS Circuit</p> <p>11:00a Zumba Gold</p> <p>11:30a Chair Yoga</p>	<p>8:45a 20/20/20 <span style="float: right;">8</span></p> <p>10:00a Beginner Yoga</p> <p>10:05a Aqua Zumba</p> <p>11:20a SS Classic</p> <p>5:30p: Absolute Beginner Line Dancing</p> <p>6:00p Beginner Line Dancing</p> <p>7:00p Intermediate Line Dancing</p> <p>7:30p Beginner Yoga</p>	<p>10:00a SS Circuit <span style="float: right;">9</span></p> <p>11:00a Zumba Gold</p> <p>11:30a Chair Yoga</p>	<p>9:00a SHiNE Light <span style="float: right;">10</span></p> <p>10:00a Beginner Yoga</p> <p>10:00a Uplift</p> <p>11:00a Improver Line Dancing</p>	<p>8:30a Beginner Yoga <span style="float: right;">11</span></p>	
<p>12</p> <p>8:50a Pilates <span style="float: right;">13</span></p> <p>9:00a SHiNE Light</p> <p>10:00a Uplift</p> <p>10:05a Aqua Zumba</p> <p>11:00a Improver Line Dancing</p> <p>11:20a SS Classic</p> <p>5:30p Boot Camp</p>	<p>8:50a Deep Water Aerobics <span style="float: right;">14</span></p> <p>10:00a SS Circuit</p> <p>11:00a Zumba Gold</p> <p>11:30a Chair Yoga</p>	<p>8:45a 20/20/20 <span style="float: right;">15</span></p> <p>10:00a Beginner Yoga</p> <p>10:05a Aqua Zumba</p> <p>11:20a SS Classic</p> <p>5:30p: Absolute Beginner Line Dancing</p> <p>6:00p Beginner Line Dancing</p> <p>7:00p Intermediate Line Dancing</p> <p>7:30p Beginner Yoga</p>	<p>10:00a SS Circuit <span style="float: right;">16</span></p> <p>11:00a Zumba Gold</p> <p>11:30a Chair Yoga</p>	<p>10:00a Beginner Yoga <span style="float: right;">17</span></p>	<p>8:30a Beginner Yoga <span style="float: right;">18</span></p>	
<p>19</p> <p>8:50a Pilates <span style="float: right;">20</span></p> <p>9:00a Water Aerobics</p> <p>10:00a Uplift</p> <p>10:05a Aqua Zumba</p> <p>11:00a Improver Line Dancing</p> <p>5:30p Boot Camp</p>	<p>8:50a Deep Water Aerobics <span style="float: right;">21</span></p>	<p>8:45a 20/20/20 <span style="float: right;">22</span></p> <p>9:00a Water Aerobics</p> <p>10:05a Aqua Zumba</p> <p>10:00a Beginner Yoga</p> <p>5:30p: Absolute Beginner Line Dancing</p> <p>6:00p Beginner Line Dancing</p> <p>7:00p Intermediate Line Dancing</p> <p>7:30p Beginner Yoga</p>	<p>9:00a SHiNE Light <span style="float: right;">23</span></p> <p>10:00a Uplift</p> <p>11:00a Improver Line Dancing</p>	<p>10:00a Beginner Yoga <span style="float: right;">24</span></p>	<p>8:30a Beginner Yoga <span style="float: right;">25</span></p>	
<p>26</p> <p>8:50a Pilates <span style="float: right;">27</span></p> <p>9:00a Water Aerobics</p> <p>9:00a SHiNE Light</p> <p>10:00a Uplift</p> <p>10:05a Aqua Zumba</p> <p>11:00a Improver Line Dancing</p> <p>11:20a SS Classic</p> <p>5:30p Boot Camp</p>	<p>8:50a Deep Water Aerobics <span style="float: right;">28</span></p> <p>10:00a SS Circuit</p> <p>11:00a Chair Yoga</p>	<p>8:45a 20/20/20 <span style="float: right;">29</span></p> <p>10:05a Aqua Zumba</p> <p>10:00a Beginner Yoga</p> <p>11:20a SS Classic</p> <p>5:30p: Absolute Beginner Line Dancing</p> <p>6:00p Beginner Line Dancing</p> <p>7:00p Intermediate Line Dancing</p> <p>7:30p Beginner Yoga</p>	<p>8:50a Water Aerobics <span style="float: right;">30</span></p> <p>10:00a SS Circuit</p> <p>11:00a Chair Yoga</p>	<p>10:00a Beginner Yoga <span style="float: right;">31</span></p>		