

SilverSplash®

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

YogaStretch®

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a



Group Exercise Schedule

We are proud to offer a variety of classes to meet all of your fitness needs. All of our instructors are certified and highly qualified.

CLASS LIST

- Silver Sneakers®
- Spinning®
- Pilates
- Yoga
- Aqua Pump
- Muscle Pump
- Boot Camp
- Resist-A-Ball®
- Interval Intensity
- Cardio Circuit
- Kickboxing



Club Hours:

M-Th : 5AM-10PM
Fri: 5AM-9PM
Sat: 7AM-8PM
Sun: 7AM-6PM

Nursery Hours:

M-Sat: 8³⁰-12
M-F: 4-7pm

11 Vaughn's Gap Rd.
Nashville, TN 37205
615-352-8500

WWW.WACTN.COM

Class Descriptions

Piloga – Incorporates the deep muscle toning techniques of Pilates and the benefits of dynamic yoga poses that will sculpt and build stamina. All levels.

Ab Attack – Join us for a half hour class of nothing but a high endurance ab burning work out. If you have back problems, a Pilate's class would be a better choice for core strength.

Spin – An intense cardiovascular 45-60 minute class that is taught on a spin bike. If you are beginner, arrive early for proper set up demonstration and instruction. All levels.

Pilates –helps develop your core strength, flexibility, body awareness, balance and posture alignment. Suitable for those who need rehabilitation, want to enhance their sports performance, flexibility, general fitness or perhaps during your pregnancy.

Boot Camp – For our hard-core group that wants an intense total body cardio workout that includes strength and core moves. You will be using total body exercises for cardio, strength and core moves. Intermediate and advanced only.

Yoga – A workout that emphasizes muscle lengthening through well-guided posing. Breathing techniques are used to provide relaxation and clarity

Aqua – Join us in our outdoor pool year round for a 60-minute workout that will leave you refreshed and energized. Great for pregnancy, arthritis and a non-impact workout.

Muscle Pump – This class is excellent for sculpting your entire body. Class will include a warm up and an apparatus for performing strength-training exercise for all ages.

Cardio Craze –One of our cardio classes that utilize the body, step, jump rope and floor exercises. Taught in interval format. All levels are welcome but we advise all levels to work at their own pace.



SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

Muscular Strength & Range of Motion - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------------|--|------------|-------------------------------------|-------------|------------------------|------------|-------------------------------------|-------------|------------------------|-------------|-------------------------------|-------------|---------------------|
| 8:30-9:30 | Beg. Pilates - Eileen | 5:45-6:30 | Spin - Christy | 8:30-9:15 | Spin - Cindy | 5:45-6:30 | Spin - Christy | 5:30-6:15 | Spin - Stacey | 8:30-9:30 | BootCamp - Kathy/Debra | 9:00-10:00 | Spin - Brian / Sara |
| 8:30-9:15 | Spin - Cindy | 9:00-10:00 | Spin - Stacey | 8:30-9:30 | Pilates - Eileen | 8:30-9:30 | S.T.A.R. Power - Kathy | 8:30-9:30 | Adv. Pilates - Sonja | 8:45-9:45 | Spin - Cindy/Tirsa | 10:00-12:00 | Yoga - Sue |
| 9:15-10:15 | Kickboxing Catherine | 9:15-10:45 | Yoga - Kristy | 9:30-10:45 | Yoga Strength - Kristy | 9:00-10:00 | Aqua - Stacey | 9:00-10:00 | Muscle Pump - Jean | 9:00-10:00 | Yoga - Jodilyn | 4:00-5:00 | Spin - Brandi |
| 9:30-10:30 | Aqua - Stacey | 9:30-10:30 | Muscle Pump - Cathrine | 9:00-10:00 | Aqua - Shiela | 9:15-10:30 | Yoga - Jodilyn | 9:30-10:30 | Aqua - Brenda | 9:30-10:30 | Aqua - Elinor | | |
| 9:30-10:45 | Yoga - Eileen | 1:30-2:15 | SilverSneaker Yoga Stretch - Eileen | 9:30-11:00 | Bootcamp - Carol | 9:30-10:30 | Muscle Pump - Catherine | 9:30-10:30 | Yoga - Hilary | 9:30-10:00 | Muscle Pump - Kathy/Debra | | |
| 10:15-11:00 | Cardio Circuit - Helen 11 Core n More | 4:45-5:15 | Spin - Melissa | 10:00-10:45 | SilverSneaker - Cardio | 1:30-2:15 | SilverSneaker Yoga Stretch - Eileen | 10:15-11:15 | Cardio Circuit - Helen | 10:00-10:45 | Step - Candice | | |
| 10:00-10:45 | SilverSneaker - Cardio Circuit | 5:30-6:15 | Ab Attack - Melissa (SS space) | 11:00-11:45 | SilverSneaker MSROM | 4:45-5:30 | Spin - Brandi | 11:00-11:45 | SilverSneaker MSROM | 10:00-11:00 | Yoga - Jodilyn | | |
| 11:00-11:45 | SilverSneaker - MSROM | 5:30-6:30 | Cardio Craze - Kathy | 5:15-6:00 | Spin - Stacey | 5:30-6:00 | Ab Attack - Brandi | | | 10:45-11:15 | Strength Conditioning Candice | | |
| 6:00-7:00 | Piloga - Kathy | 6:00-7:00 | Yoga - Jodilyn | 6:15-7:00 | Pilates - Jodilyn | 6:00-7:00 | Aqua - Mary | | | | | | |
| 6:00-7:00 | Spin - Lisa | 6:00-7:00 | Aqua - Elinor | 7:00-8:00 | Yoga - Jodilyn | 6:45-7:45 | Yoga - Natasha | | | | | | |
| 6:00-7:00 | Aqua - Elinor | 6:30-7:15 | Muscle Pump - Kathy | | | | | | | | | | |
| | | 7:00-8:00 | Yoga- Jodilyn | | | | | | | | | | |

