

RAYMOND J. BORDER FITNESS CENTER Weekly Group Training Schedule



FEBRUARY 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00					Cycling Class 07:00-08:00 NO CLASS 2/28
08:00					
09:00					
10:00					
11:00			Paddle Board Workout 11:00-12:00		
12:00	Full Body Strength 12:00-13:00		Full Body Strength 12:00-13:00		
13:00	Swim Stroke Clinic				Aquatic Workout
14:00					
15:00					
16:00	Basic Yoga 16:00-17:00		Basic Yoga 16:00-17:00		
17:00	HIIT Class 17:00-18:00	Aquatic Workout	HIIT Class 17:00-18:00	Swim Stroke Clinic	
18:00	Pilates 18:00-19:00		Surrender Yoga 18:00-19:00 NO CLASS 2/12		
19:00					

For February: Two-Person Yoga Special Classes
Sunday, February 9th, 09:00 | Wednesday February 12th at 18:00

All classes require a minimum participation of at least three people.
Pre-registration is required for classes. Classes are not available during holidays.
Aquatic classes may be cancelled due to weather conditions.

Questions? Call 228-871-2668

RAYMOND J. BORDER FITNESS CENTER

Weekly Group Class Descriptions



Cycling Class

Get ready to challenge yourself and elevate your cardio workout in our indoor cycling class! Whether you're an experienced cyclist or a beginner, this class is designed to be accessible and effective for all fitness levels. In each session, you'll pedal through a variety of speeds and resistance levels to build strength, burn calories, and improve cardiovascular endurance -- all in a stress-free environment that's easy on your joints.

Instructor: Lauren Berry

Class Time: 45 Minutes

Class Participation: Max 13 | Min 3

Paddle Board Workout

Fun bodyweight workout on the water with a stand-up paddle board. This water-based workout is designed to increase strength, endurance, and balance in the legs, hips, core muscles, and back.

Instructor: Tatsiana Sanders

Class Time: 45 Minutes

Class Participation: Max 6 | Min 3

Full Body Strength

This is a 1-hour full body workout. You will train to be ready for any obstacles life throws your way! We will not leave any stone unturned as it pertains to human performance. This class will strengthen your upper and lower body, core and cardiorespiratory system, increase your power, and ensure your joints are moving as fluidly as possible. The goal of this class is to improve your overall quality of life and give you the tools to move with more freedom when performing everyday tasks.

Instructor: Nick Matthews

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Aquatic Workout

This low-impact aquatic workout reduces stress on the joints and muscles while providing a full-body workout. Participants will engage opposing muscle groups simultaneously in a fun and effective way. The class will take place in both 4-foot and 6-foot sections of the pool, utilizing bodyweight exercises, aquatic bikes, water aerobics equipment, and more.

Instructor: Katelyn Potts

Class Time: 30 Minutes

Class Participation: Max 10 | Min 3

Basic Yoga

If you are new to yoga or an experienced yogi, this class is for anyone interested in working on their balance, stretching, and using your mind, body, and breath to help you through a sequence and flow. You will be given physical and verbal cues, as well as modifications if needed, so even the most beginner yogi can benefit!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Swim Stroke Clinic

Physical conditioning swim class to build strength and stamina. Stroke refinement to prevent bad habits that you have. Advanced skills that are beyond basic swimming such as starts, turns, pullouts, proper breathing techniques, and other. Intensive instruction where students are given more 1-on-1 but in a group critique and guidance in a 30 min class. Each class will have its own subject that we work on for that class.

Instructor: Katelyn Potts

Class Time: 30 Minutes

Class Participation: Max 15 | Min 3

HIIT Class

High Intensity Interval Training will get your heart rate and calorie burn up through weighted movements and cardio exercises. It will alternate between high intensity movements to increase the heart rate followed by short periods of lower intensity. We will focus on whole body workout using low-impact cardio and weight exercises. This class is intended for all fitness levels as weights and intensity can be modified to fit all fitness needs.

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Surrender Yoga

In this class we will focus on restorative and yin yoga poses. Restorative is more of a relaxation mindset and yin yoga focuses on deep stretching. Each pose will be held for 3-5 minutes. This class will focus on stretching, mindfulness, and relaxation. Feeling tight or sore, overwhelmed and tired, want to work on your flexibility? This class is for you!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 14 | Min 3

Pilates

The Pilates class offers a full-body workout, focusing on strengthening the core, improving flexibility, and enhancing posture. Each session is designed for all fitness levels, ensuring a challenging yet accessible experience. Join us to build strength, reduce stress, and achieve greater balance in both body and mind!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

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