



**Carnes Crossroads
WELLNESS CLUB**

For Our Healthy Living:
For Our Community Growth.

2018-2019 Yearly Calendar

6 Weeks = 1 Season.
So, you can achieve your goals!
Sampler Season & Turkey Burn Season
are only 2 weeks.

Sampler Season 5/1 - 5/11

Early Summer Season 5/21 - 6/29

Summer Season 7/9 - 8/17

End of Summer Season 8/27 - 10/5

Fall Season 10/8 - 11/16

Turkey Burn Season 11/26 - 12/7

The Blake Season 1/7 - 2/22

Spring Season 3/11 - 4/19

*Schedule can be changed, also class
can be canceled due to weather/facility
condition or special event. Please check
our website or facebook page for
updates.

CCWC Blog (Class & Event information)
<http://ccwc.blog>

Facebook Group
Carnes Crossroads Wellness Club

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How much to join?

Season Pass - \$25 per person

* Non-refundable. Valid for 1 Season
(Unlimited classes for the 6 weeks)

6 Sessions Punch Card - \$25

* Valid through the Year,
from May 2018 to April 2019

Drop-in \$5 per person, per session

Silver Sneakers® - FREE

*Bring your membership card.



Where is the class?

All Classes meet at The Barn.

Class can be canceled due to
weather/facility condition or event.



What should I bring?

Bring water and towel. Wear
comfortable outfit and shoes for
your safety. Yoga mat for Yoga &
Pound® classes.

**Carnes Crossroads Wellness Club
Coordinator/Instructor**

**Ryoko Abbott
(843) 817-7333**

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Class description



= Silver Sneakers® member acceptable class

More info >>> silversneakers.com

All Classes meet at The Barn. Bring your water and towel.

Class can be canceled due to weather / facility condition or special event.

- **The Barn H.I.I.T** (All Levels) – 30 minutes H.I.I.T. (High Intensity Interval Training) “The Barn Style”. Cardio & strength, total body conditioning. Modification will be provided.
- **CCX Boot Camp** (All Levels - Advanced) – 30 minutes Boot Camp “Carnes Crossroads Style”. You will go through in the neighborhood with fun workout! Modification will be provided. (*Evening class will be advanced level.)
- **Sunrise Yoga** (Gentle) – Feel your strength while you are getting the day started. Poses that increase muscular strength and flexibility, improve balance and coordination, reduce stress and enhance the feeling of well-being while linking mind, body, and breath. Bring your yoga mat. (No worries, we have some extra if you don't have it.) 
- **Yo-Chi** (Gentle) – Standing and floor-based yoga postures with Chinese Ta'i Chi movement patterns for the arms and legs. It's a fusion program that gives you benefits in both stability or strength and mobility or flexibility. Ta'i Chi's slow, controlled never ending mobility increase your overall wellness. Bring your yoga mat. (No worries, we have some extra if you don't have it.) 
- **Zumba® Toning** (All Levels) – The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! 
- **Aqua Zumba®** (All Levels) – There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. 
- **POUND® Fitness** (All Levels / Family Friendly) – Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. 10yo+ are welcome! Bring your yoga mat.
- **Sunset Yoga** (Gentle) – Unwind from your day with Sunset yoga. This class is designed to acclimate your body and soul to the setting sun. Including 7-10 minutes meditation. Bring your yoga mat. (No worries, we have some extra if you don't have it.) 
- **Arthritis Foundation Aquatic/Exercise Program** (Gentle) – Arthritic exercise class in the pool or on land. 