



Fitness Classes at the AFRC

Continuing Yoga

Relax your mind, body and soul in basic Yoga practice.

Days: Tuesdays & Thursdays
Time: 11:00 AM - 12:00 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor: Pamela Williams

Core Strength

Overall strength training focusing on core muscles.

Days: Tuesdays & Thursdays
Time: 6:00 AM – 7:00 AM
Fee: \$4 per class for drop-in. Free to members.
Instructor: Steve Clark, Certified Instructor

Cycling AM

A stationary cycling class great for all fitness levels!

Days: Mondays & Wednesdays
Time: 6:00 AM - 7:00 AM
Fee: \$4 per class for drop-in. Free to members.
Instructor (s): Steve Clark, Certified Instructor
Catherine Rodriguez, Certified Instructor

Cycling PM

A stationary cycling class great for all fitness levels!

Days/Time: Wednesday 5:30 PM & Thursday 6:00 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor (s): Steve Clark, Catherine Rodriguez

Cycling PM Lunch Hour

A stationary cycling class great for all fitness levels!

Days: Tuesdays & Fridays
Time: 12:00 PM - 12:40 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor (s): Amber Hartmann

Fit and Strong Lunch Hour

Learn proper posture and exercise techniques while sculpting your entire body using the body bar, dumbbells, the step and your own body weight.

Days: Mondays & Thursdays
Time: 12:30 PM - 1:30 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor: Amber Hartmann, Certified Instructor

Fit and Strong Evening

Learn proper posture and exercise techniques while sculpting your entire body using the body bar, dumbbells, the step and your own body weight.

Days: Mondays & Wednesdays
Time: 4:15 PM - 5:15 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor: Amber Hartmann, Certified Instructor

Pilates Lunch Hour

Strengthen and tone your body using core muscles to improve posture, balance, and flexibility.

Days: Tuesdays & Fridays
Time: 12:40 PM - 1:30 PM
Fees: \$4 per class for drop-in. Free to members.
Instructor: Amber Hartmann, Certified Instructor

Pilates AM

Strengthen and tone your body using core muscles to improve posture, balance, and flexibility.

Days: Fridays
Time: 6:00 AM - 7:00 AM
Fees: \$4 per class for drop-in. Free to members.
Instructor: Catherine Rodriguez, Certified Instructor

Step Aerobics

A cardiovascular workout while learning the basic in stepping technique.

Days: Mondays & Thursdays
Time: 5:15 PM - 6:15 PM
Fees: \$4 per class for drop-in. Free to members.
Instructor: Steve Clark, Certified Instructor

Total Fitness

This is an interval class that mixes a cardio workout with strength training. This class is beginner friendly or a good challenge for the experienced.

Days: Tuesdays & Thursdays
Time: 6:00 PM - 7:00 PM
Fee: \$4 per class for drop-in. Free to members.
Instructor: Judy Egbert, Certified Instructor



The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Sessions: Mondays 7:00 PM - 8:00 PM (Sept. 13th - Oct. 25th)
Wednesdays 5:30 PM - 6:30 PM (Sept. 8th - Oct. 20th)
Fee: \$7 per class for drop-in
\$35/Session
Instructor: Oneyda Maestas, Certified Instructor