



SEPTEMBER 2023



FITNESS CLASSES

Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.

RANCH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Cross Camp JOHN		Cross Camp CARRI		
9:00 AM	Muscle Mix DENISE B.	BEAT JESSICA	Muscle Mix SUE	BEAT JESSICA	Muscle Mix KITTI	Cross Camp CARRI
10:00 AM	Zumba® AMY	Muscle Mix KITTI	Zumba® Toning AMY	Power Pump JESSICA	Zumba® AMY	Yoga Flow CARRI
11:00 AM	Yoga Flow JOE F.	Hatha Yoga KATHY	Yoga Flow MELANIE	Hatha Yoga KATHY	Stretch, Flex & Balance MELANIE	
1:00 PM	Punch out PD PD COACHES					
5:00 PM	G.R.I.T. JESSICA	Zumba® Toning AMY	Power Pump JESSICA	Stretch, Flex & Balance MELANIE		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Power Cycle JOE		Power Cycle TERRY		Power Cycle INGRID	
9:00 AM						Power Cycle ROTATION
1:00 PM					Pedal Out PD ROTATION	

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	Aqua Sculpt & Tone SUE	H2O FIT BARB	H2O FIT BARB	H2O HIIT SUE	H2O FIT BARB	H2O FIT BARB

TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	TRX® Turbo SUE					
9:00 AM	TRX® Healthy Joints I SUE		TRX® Healthy Joints II JOHN		TRX® Healthy Joints I INGRID	
10:00 AM					TRX® Turbo NATHAN	

SELF DEFENSE WORKSHOP

WEDNESDAY SEPTEMBER 6, 2023
1:00 PM - 2:30 PM | RANCH STUDIO

VIRTUAL WORKOUT

CARDIO AND STRENGTH TRAINING AT YOUR CONVENIENCE!
SEVEN DAYS A WEEK ONLINE AT
RANCHOCALA.COM/VIRTUAL-FITNESS.



RANCH STUDIO

BEAT

A low-impact aerobics class that uses drum sticks to pound out the "beat" and work up a sweat! This class encourages large, dynamic movement through "clicking" and "drumming" to improve cardiovascular health and build strength.

CROSS CAMP

This high-intensity, interval-style workout incorporates elements of strength, agility, and conditioning. Each class blends circuits of cross-training and boot camp style exercises. Designed to burn fat and build muscle, this workout promises a varied mix of high-energy training.

DANCE PARTY

This low-impact, dance-inspired workout is sure to work up a sweat! A variety of music and dance styles will get you motivated to move. Forget exercise; you have an invitation to the dance party!

G.R.I.T.

(Get Real Interval Training) is a full-body conditioning workout. Moderate to high-intensity exercise intervals focus on strength training and are paired with cardio bursts. G.R.I.T. and determination will get you fitness results fast!

MUSCLE MIX

Challenge muscular strength, endurance, and balance through a variety of exercises incorporating dumbbells, resistance tubes, platforms, and other small apparatus.

POWER PUMP

A barbell training class designed to build strength and muscle. With the ability to change the resistance load quickly, this class also elevates the heart rate response. Build muscle and burn fat!

PUNCH OUT PD

The sport of boxing requires speed, agility, balance, strength, and stamina. These are the same things people with Parkinson's need to preserve or regain. This circuit style class incorporates rigorous, power training that strengthens muscles and empowers confidence. People with Parkinson's disease can enhance their quality of life with the right exercise. This program will help people combating PD feel better and function better. Don't sit back...come out swinging and Punch out Parkinson's!

YOGA FLOW*

This class introduces more challenging aspects of the Vinyasa practice. The flow of yoga postures encourages muscles to strengthen and lengthen, all with a mind-body focus for improved wellness.

HATHA YOGA*

This class begins with a slow flow of postures, then moves into a variety of sequences perfect for promoting joint health. The practice concludes with a restorative series of deep, relaxing floor postures and breath exercises that restore a sense of balance and well-being.

ZUMBA®

Zumba®'s high-energy dance moves are blended to the rhythms of salsa, meringue, cumbia with reggaeton, and hip hop. Zumba brings you an inspired cardio-dance workout like never before.

ZUMBA® TONING

Zumba® Toning combines bodysculpting exercises with high-energy Zumba® dance moves. Learn how to use lightweight, maraca Toning Sticks (or light dumbbells) to enhance rhythm and tone muscles. Don't miss this calorie-torching, strength-training fitness-party. Toning Sticks are not required to participate, but will enhance the workout, they will not be provided.

STRETCH, FLEX & BALANCE

This class is designed to help the body come into a 'balance' of strength and flexibility. The stretching techniques will incorporate breath work to encourage relaxation and tension release. The goal is to improve range of motion and establish muscular balance. The stretches may use props such as straps, blocks or stability balls. This class is suitable for all levels and body types.

**Mats are limited. It is recommended to bring your own.*

VIRTUAL WORKOUT #TOOFITTOQUIT

Keeping fit at home is easy with The Ranch's virtual workouts! We have carefully crafted a balance of workouts that will enable you to keep up with your favorite exercises. These workouts are designed for limited space and incorporate equipment easily found at home.

To view our library of fitness videos, visit RanchOcala.com/Virtual-Fitness. Once you select a video, simply enter your email address and name to gain access.

SPIN STUDIO

POWER CYCLE

An interval-style cardiovascular workout on indoor Spinning® bikes. Instructors coach you on various road profiles. New students are advised to arrive early to get fitted on a bike properly.

PEDAL OUT PD

Pedal Out PD (Parkinson's Disease) is a cycling program that strives to improve the lives of those living with Parkinson's disease. POPD is a form of 'forced intensity' exercise on an indoor bicycle. Studies indicate that forced-intensity is beneficial in the management of Parkinson's symptoms; including improved motor function and cognitive health. A pre-screening questionnaire is required to attend this class.

POOL

AQUA SCULPT & TONE

Water's resistance provides the perfect opportunity for strength and conditioning exercises. Not only will this class help to reshape your body while improving strength, balance and flexibility, it provides a low impact, supportive environment. Thanks to water's impact on gravity, it creates the ability for you to move safely through large ranges of motion, which improves function.

H2O FIT*

Water is a wonderful environment for exercise. This class provides the healthful benefits of cardio and strength exercises while reducing the impact experienced on land.

H2O HIIT*

This high-energy aqua class incorporates timed intervals of exercise and recovery. The exercises can be done at your own pace. All fitness levels are welcome.

**Aqua Classes are limited to 25 participants. Sign-in is available one hour prior to class start time.*

TRX® STUDIO

12 PERSON MAX

TRX® HEALTHY JOINTS I

This is perfect for the TRX® newcomer or those seeking a gentler approach to suspension training. Healthy Joints I supports active aging by improving strength, flexibility, and balance. This small group format ensures personal attention for maximum results.

TRX® HEALTHY JOINTS II

This session is the perfect progression for those with experience and success in Healthy Joints I. You can expect a higher level of challenge with regard to training strength, flexibility, and balance.

TRX® TURBO

This heart-pounding hybrid of suspension training combines kettlebells, BOSUs, and dumbbells for an accelerated, high-intensity challenge. TRX®-Turbo uses timed intervals for a metabolic workout that builds core strength, endurance, and athletic performance.

SPECIAL PROGRAMMING

SELF DEFENSE WORKSHOP

Defense is the opposite of offense; it has to do with defending against all sorts of things. Join Self Defense expert Andres Sepulveda, and learn how to prevent or escape injury by deterring or stopping aggressive behavior. In fact, the best defense is to avoid dangerous people and places in the first place. Learn about situations awareness and engage in confidence technique drills. This will be a combination of theory and practical application. Space is limited, we will accommodate participants on a first come, first serve basis. Sign-up will begin at 12pm on this day

