



# Fitness Class Schedule

## MONDAY

8:30 – 9:15 am: Circuit Training with Ator Ighalo  
*Free Community Class - Sunset Room*

9:30 - 10:30 am: Vinyasa Flow with Karen Kelly  
*Intermediate Level - Prior Yoga Experience Required*  
*\$10.00 drop in fee - Sunset Room*

11:00 - 11:45 am: Low Impact with Ator Ighalo  
*Free Community Class - Sunset Room*

4:00 - 5:00 pm: Yoga Basics with Karen Kelly *Beginner Level*  
*\$10 drop in fee - Sunset Room*

## TUESDAY

9:00 - 9:45 am: LIIT (*Low Impact Interval Training*) with Christy Benitez  
*\$10.00 drop in fee - Sunset Room*

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd  
*Free Community Class - Sunset Room*

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd  
*Free Community Class - Sunset Room*

1:00 - 4:00 pm - Massages with Wendy Law  
*Available by Appointment - Massage Room 1*

4:00 - 5:00 pm: Yin Yoga with Caron Bey Knight All Level Class  
*Free Community Class - Sunset Room*



### WEDNESDAY

8:30 - 9:15 am: Functional Core & Stretch w/ Christy Benitez  
*Free Community Class - Sunset Room*

9:30 - 10:30 am: Vinyasa Flow with Nancy Post *Intermediate Level*  
*Prior Yoga Experience Required*  
*\$10.00 drop in fee - Sunset Room*

10:45 – 11:30 Mystery Class with Christy Benitez  
*\$10 drop in fee - Sunset Room*

3:00 3:45 Cardio Dance with Karen Kelly  
*\$10 drop in fee - Sunset Room*

4:00 - 5:00 pm: Therapeutic Yoga with Karen Kelly  
*All Level Class*  
*\$10 drop in fee - Sunset Room*

### THURSDAY

9:00 - 10:00 am: Men's Yoga Sports Stretch with Karen Kelly  
*Free Community Class - Sunset Room*

10:15 – 11:15 Mindful Flow and Restore with Caron Bey Knight  
*\$10 drop in fee - Sunset Room*

11:30-12:30 Kickboxing with Christy Benitez  
*\$10 drop in fee - Sunset Room*

10:00 am - 4:00 pm - Massages with Wendy Law  
*Available by Appointment - Massage Room 1*

### FRIDAY

9:00 – 9:45 am Yoga Vinyasa Express with Nancy Post  
*Free Community Class - Sunset Room*

10:00 - 11:00 am: Muscle Balance with Jennifer Byrd  
*Free Community Class - Sunset Room*

11:00 am - 12:00 pm: Muscle Balance with Jennifer Byrd  
*Free Community Class - Sunset Room*



# Reserve Fitness

## *Meet the Instructors*

### Jennifer Byrd

As a former State, Regional, National, Ms. America, Amateur World Champion and Professional World Champion Jennifer brings to the table World Championship training. Taught by the top trainers in the world, she uses that knowledge to help YOU! Jennifer is retired U.S. Navy with 37 years of fitness experience, is Certified by International Sports Sciences, Certified in CPR and First Aid and Certified in Self Defense.

### Ator Ighalo

Ator is an ACSM certified personal trainer and is CPR/AED certified. Health and Wellness have always been a major part of his life. He received his Bachelors in Exercise Science from Wichita State in 2012 and received his Masters in Public Health in spring 2017. Ator worked as an exercise specialist at Shawnee Mission Medical Center working with cardiac and pulmonary rehab patients. He specializes in low impact training, muscle building, weight loss and sports training.

Ator's main focus is to provide individuals the tools they need through exercise and nutrition to incorporate a sustainable healthy lifestyle. His mantra is to be a better version of yourself every single day.

### Christy Benitez

Christy Benitez comes to us with a background in coaching, management and fitness. Christy worked for the Pickens County YMCA for 6 years where she helped start their thriving water aerobics program, taught swim lessons and trained lifeguards. She also served as a wellness coach at the Easley YMCA. Christy went on to coach volleyball at Easley High School for 10 years. Christy is the former owner of a kickboxing franchise where she was a certified kickboxing trainer. She is currently certified in personal training, nutrition and group fitness. Christy brings with her the idea that a comprehensive program, including cardiovascular fitness, muscular strength and endurance, flexibility and body composition is the best way to ultimately achieve one's fitness goals.



### Karen Kelly

Karen has been teaching yoga for over 20 years. Her achievements have given her the designation of E-RYT500 by Yoga Alliance. She holds multiple certifications and has spent time in Kerala, India in training. Over and above her initial 200 hour training and certification, Karen holds certifications in Yin Yoga, Prenatal Yoga, Advanced Vinyasa and Yoga Therapeutics.

Working as a Certified Surgical Technologist for over 37 years, assisting in all divisions of surgery, Karen has a deep understanding of anatomy, physiology and body mechanics. She brings this understanding and knowledge to her teaching. Currently, Karen offers yoga retreats both nationally and internationally. Yoga Alliance has qualified Karen, based on her numerous achievements, to be registered as a yoga school. This allows Karen to certify students as yoga instructors.

### Caron Bey Knight

Caron began her personal yoga practice in 1985 and has continued to practice on and off since then. She decided to study more and earned her Yoga Alliance 200 RYT in December 2015. Her love of the water fueled her interest in the unique practice of stand up paddle - yoga. In April of 2016, she became certified by the World Paddle Association (WPA) and earned her Class Level 1 Instructor in both Stand up Paddle (SUP) and Paddle - Yoga.

Caron's Yin Yoga Practice and was born out of the necessity to slow down and find stillness, breath and meditation. "I am so happy to share this wonderful class with our Reserve Community as I truly believe that we all need to make space in our busy schedules to quietly, breathe and practice yoga in a gentle and healing way." A yin yoga class is the perfect complement to your active lifestyle. Caron is also CPR and First Aid Certified.

### Nancy Post

Nancy has recently completed her 200 hour Yoga Teacher Training through Karen Kelly Yoga. She is credentialed and certified through Yoga Alliance. We are proud of her accomplishment. Through gracious dedication, Nancy has been teaching yoga for the past 7 years at the Reserve. For many years Nancy has immersed herself in yoga, first in Hoboken, NJ and then in New York. Her journey continued to the west coast where she continued to study and learn this beautiful art. Nancy is grateful for her opportunity to teach at the Reserve Fitness Center.