

Plantation Bay Group Fitness Schedule

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|-----------------|------------------------|------------------------|------------------------|----------------|----------------|
| 8:00 | | | | | | |
| 8:30 | | | | *Solid Weight Training | | |
| 8:45 | | *Abs | | | *Abs | ~Cardio Step |
| 9:15 | **Yoga | | *Solid Weight Training | **Gentle Yoga | | |
| 9:30 | | Sit and Fit | | | | 9:45 SWT* |
| 10:00 | Water Aerobics | | Water Aerobics | | Water Aerobics | 10:15 Stretch* |
| 10:30 | | | | | | |
| 11:00 | Beginner's Yoga | | | | | |
| 3:45 | | *CardioStep | | ~Cardio Step | | |
| 4:00 | | | | | | |
| 4:15 | | | | | | |
| 4:30 | | *Solid Weight Training | | | | |
| 5:00 | | | | | | |
| 5:45 | | | | | | |

Fee-Based Classes Are Highlighted

*30 minute class

**90 minute class

~45 minute class

updated 4/2017

CLASS DESCRIPTION

Abs 30-minute workout focusing on your abdominal/back area

Cardio Step/Low impact 45-minute cardio-vascular workout using the step and finishing with toning exercises

Cardio Strength Interval class combining cardio and strength exercises! All levels

Gentle Yoga Gentle postures to release and stretch muscles

Sit and Fit For those with balance issues - includes strength training and relaxation

Solid Weight Training SWT is a free-weight resistance workout set to music

Yoga Basic postures to release and stretch muscles

Stretch A great way to relax and increase your flexibility

Water Aerobics A low impact pool workout suitable for all levels - seasonal