

Plantation Bay Group Fitness Schedule

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|-----------------|------------------------|------------------------|------------------------|----------------|----------------|
| 8:00 | Zumba | | Zumba | | Zumba | |
| 8:30 | | | | *Solid Weight Training | | |
| 8:45 | | *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 7/2017

CLASS DESCRIPTION

Abs

30-minute workout focusing on your abdominal, back & core

Zumba

60-minute cardio-vascular workout using various dance steps

Cardio Step/Low Impact

45-minute cardio-vascular workout using the step

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