

Plantation Bay Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Zumba		Zumba		7:45 Zumba	
8:30				Solid Weight Training		
8:45		Abs				Cardio Step
9:00					Chair Yoga	
9:15	Intermediate GentleYoga			Gentle Yoga		
9:30		Sit and Fit				
9:45						SWT
10:00	Water Aerobics		Water Aerobics		Water Aerobics	
10:15						Stretch
10:30	Beginner Yoga					
11:00						
3:45		Cardio Step		Cardio Step		
4:00						
4:15						
4:30		Solid Weight Training				

updated 7/2018

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

Abs	30 minute workout focusing on abdomen, back & core
Beginner Yoga	60 minutes learning the fundamentals of yoga
Cardio Step/Low Impact	45 minute cardio-vascular workout using the step
Chair Yoga	60 minutes of yoga poses performed in a chair
Gentle Yoga	75 minutes of gentle postures to release and stretch muscles
Intermed. Gentle Yoga	60 minutes of basic postures to release and stretch muscles
Sit and Fit	60 minute session for those with balance issues - includes strength training and relaxation
Solid Weight Training	30 minute free-weight resistance workout set to music
Stretch	30 minute session to relax and increase flexibility
Water Aerobics	60 minute low impact cardio-vascular and strength-training workout in the pool
Zumba	60 minute cardio-vascular workout using various dance steps