



GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------------------|-------------------------------|--------------------------------------|-------------------------------|--|
| Zumba 8am - 9am | Abs & Core 8:45am - 9:15am | Zumba 8am - 9am | Solid Weight Training 8:30am- 9am | Zumba 7:45am - 8:45am | Cardio Step 8:45am - 9:45am |
| Intermediate GentleYoga 9:15am - 10:15am | Sit & Fit 9:30am - 10:30am | Water Aerobics 10am - 11am | Gentle Yoga 9:15am - 10:30am | Chair Yoga 9am - 10am | Solid Weight Training 9:45am- 10:15am |
| Water Aerobics 10am - 11am | | | | Water Aerobics 10am - 11am | Stretch 10:15am - 10:45am |
| Beginner Yoga 10:30am - 11:30am | Cardio Step 3:45pm - 4:30pm | Circuit Training 4pm - 5pm | Cardio Step 3:45pm - 4:30pm | | |
| 15-15-15 4:15pm - 5pm | Solid Weight Training 4:30pm- 5pm | | | | |

updated 6/2019

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

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|------------------------|--|
| 15-15-15 | <i>All Over Workout of Cardio, Strength Training, & Stretching</i> |
| Abs & Core | <i>Energetic Workout focusing on Abdomen, Back & Core</i> |
| Beginner Yoga | <i>An Introduction to the Fundamentals of Yoga</i> |
| Cardio Step/Low Impact | <i>A Cardio-Vascular Workout Using the Step (60 mins on Sat)</i> |
| Circuit Training | <i>An Interval Station Workout focusing on Balance, Strength, Cardio, & Flexibility</i> |
| Chair Yoga | <i>Interactive Yoga Poses Performed In a Chair</i> |
| Gentle Yoga | <i>Gentle Postures to Release & Stretch Muscles</i> |
| Intermed. Gentle Yoga | <i>Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles</i> |
| Sit and Fit | <i>A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation</i> |
| Solid Weight Training | <i>A Fun Free-Weight Resistance Workout set to Music</i> |
| Stretch | <i>Aimed to Relax & Increase Flexibility</i> |
| Water Aerobics | <i>A Low Impact Cardio-Vascular & Strength Training Workout in the Pool</i> |
| Zumba | <i>An Energetic Cardio-Vascular Workout using Various Dance Steps</i> |