



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		
Tabata 4:30pm - 5:15pm	Solid Weight Training 4:30pm- 5pm				

updated 10/2019

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

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>
Tabata	<i>Rounds of Short Periods of High Intensity then Rest- Great for Toning All Muscle Groups</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>