



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am		Zumba 7:30am - 8:30am	Solid Weight Training 8:30am- 9am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9am - 10am	Sit & Fit 9:30am - 10:30am		Gentle Yoga 9:15am - 10:30am	Chair Yoga 9am - 10am	Solid Weight Training 9:50am- 10:20am
					Stretch 10:25am - 10:55am
	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm		
	Solid Weight Training 4:30pm- 5pm				

updated 12/2020

All classes limited to 15 people; except Water Aerobics - limit of 30 people

Reservation required. Reservations can be made as early as 48 hours in advance by calling the Wellness Center Front Desk at 386-236-4291

For all Yoga classes, please bring your own mat.

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

Cardio Step/Low Impact	<i>A Cardio-Vascular Workout Using the Step (60 mins on Sat)</i>
Chair Yoga	<i>Interactive Yoga Poses Performed In a Chair</i>
Gentle Yoga	<i>Gentle Postures to Release & Stretch Muscles</i>
All Level 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>
Zumba	<i>An Energetic Cardio-Vascular Workout using Various Dance Steps</i>