



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am		Zumba 7:30am - 8:30am	Solid Weight Training 8:30am - 9:00am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9:00am - 10:00am	Sit & Fit 9:30am - 10:30am	Water Aerobics 10:00am - 11:00am	Chair Yoga 9:30am - 10:30am	Water Aerobics 10:00am - 11:00am	Solid Weight Training 9:50am - 10:20am
Water Aerobics 10:00am - 11:00am		Yoga for Sports 10:30am - 11:30am	Butts & Guts 11:00am - 12:00pm	Pilates 10:15am - 11:00am	Stretch 10:25am - 10:55am
LaBlast 5:30pm - 6:30pm	Cardio Step 3:45pm - 4:30pm		Cardio Step 101 3:15pm - 3:45pm		Barre 11:00am - 12:00pm
	Solid Weight Training 4:30pm - 5:00pm	Sculpt & Stretch 5:30pm - 6:20pm	Cardio Step 3:45pm - 4:30pm		

Updated Oct 2021

Reservation required. Class spots are limited. Reservations can be made as early as 48 hours in advance.

Reservation can be made by call the front desk - 386-236-4291 or email pbfitness@icihomes.com

For all Yoga classes and Pilates, please bring your own mat. For Water Aerobics, please bring your own noodle and weights.

Fee-Based Classes Are Highlighted

CLASS DESCRIPTION

All Level Yoga	Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles
Barre	A Total Body Workout that Combines Elements of Pilates, Yoga & Light-Weight Training
Butts & Guts	Shape & Strengthen your Abdominal, Buttock, & Thigh Muscles
Cardio Step 101	Learn the Technique and Basics of Cardio Step
Cardio Step/Low Impact	A Cardio-Vascular Workout Using the Step (60 mins on Sat)
Chair Yoga	Interactive Yoga Poses Performed In a Chair
LaBlast	A Dance Fitness Program Based on Ballroom Dances including All Components of Fitness
Pilates	A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment
Sit and Fit	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation
Solid Weight Training	A Fun Free-Weight Resistance Workout set to Music
Sculpt & Stretch	Aimed to Increase Strength & Flexibility Using Various Resistance Tools
Stretch	Aimed to Relax & Increase Flexibility
Water Aerobics	A Low Impact Cardio-Vascular & Strength Training Workout in the Pool
Yoga for Sports	A Combination of Yoga Poses, Toning with Weights, and Stretches Designed for Athletes
Zumba	An Energetic Cardio-Vascular Workout using Various Dance Steps