



# Group Fitness Class Schedule

**\*\*New Classes starting December 3, 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00am</b>		<b>**Yoga Strength</b> Kris			<b>**Yoga Core</b> Kris
<b>8:00am</b>	<b>**Circuit Class</b> Kris	Water Aerobics Kim	<b>**Circuit Class</b> Kris	Water Aerobics Kim	<b>**Senior Circuit</b> Kris
<b>9:00am</b>	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn
<b>5:30pm</b>	Gentle Yoga Marlene		<b>**Yoga Core</b> Kris		
<b>6:00pm</b>	Zumba Marcela	Water Aerobics Lynn	Zumba Marcela	Water Aerobics Lynn	
<b>6:00pm</b>		Zumba Strong Marcela/Ana		Zumba Strong Marcela/Ana	

## Class Descriptions:

**Circuit Class:** A muscular strength and endurance circuit alternates muscle groups, such as upper body, lower body and core, so little or no rest is needed in between exercises. You will rotate between weight machines, dumbbells, stability balls, body weight, and cardio machines for a fat burning, energizing workout.

**Senior Circuit:** A low impact workout to help maintain or increase muscular strength and bone mineral density. Exercises are low impact with body weight and dumbbells. Chair are available and used in exercises.

**Zumba:** A fun dance workout mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**STRONG by Zumba®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Water Aerobics:** A low-impact workout that builds muscle strength and boosts your endurance. The buoyancy of the water is easy on your joints.

**Gentle Yoga:** A less intense, non-strenuous, quiet, meditative, and restorative form of yoga.

**Yoga Core:** Improve your flexibility, strength and balance as you go through various yoga poses. An emphasis on core exercises will be incorporated.

**Yoga Strength:** The addition of light weights will be added to traditional yoga poses to focus on increasing strength and tone all muscles in your body.