



Group Fitness Class Schedule

All classes included with membership

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Yoga Kris			Yoga Core Kris	
8:00am	Circuit Class Kris	Water Aerobics Kim	Circuit Class Kris	Water Aerobics Kim	Circuit Class Kris	
8:15am						STRONG by Zumba® Marcela/Ana
9:00am	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn	Pi/Yo Marcela
5:30pm	Gentle Yoga Marlene		Yoga Core Kris			
6:00pm	Zumba Marcela	STRONG by Zumba® Marcela/Ana	Zumba Marcela	STRONG by Zumba® Marcela/Ana		
6:00pm		Water Aerobics Lynn		Water Aerobics Lynn		

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.

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.

Pi/Yo: a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.