



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Yoga Strength Kris			Yoga Core Kris	
8:00am	Circuit Class Kris	Water Aerobics Kim	Circuit Class Kris	Water Aerobics Kim	HIIT Ron	STRONG by Zumba® Marcela/Ana
9:00am	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn/Kim	Water Aerobics Kim	Water Aerobics Lynn	
5:15pm		Zumba Marcela		Zumba Marcela		
5:30pm	Gentle Yoga Marlene		Yoga Core Kris		Zumba Marcela	
6:00pm	Zumba Marcela	STRONG by Zumba® Marcela/Ana	Zumba Marcela	STRONG by Zumba® Marcela/Ana		
6:00pm		Water Aerobics Lynn		Water Aerobics Lynn		
7:00pm	Arm Annihilation Ron		Pecs Perfection Ron	Legendary Legs Ron		
7:30pm	Shoulder Shred Ron		Back Belief Ron			

Circuit Class: A muscular strength and endurance circuit alternates muscle groups to work the entire body while keeping the heart rate up.

HIIT: High intensity muscle workout to keep you moving and work entire body. Modifications shown.

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.

Water Aerobics: A low-impact workout that builds muscle strength and boosts your endurance.

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

Yoga Core: An emphasis will be put into your core area with traditional yoga poses.

Yoga Strength: The addition of lights weights help strengthen your muscles.

Arm Annihilation: Strengthen your biceps and triceps.

Pecs Perfection: Strengthen your chest muscles.

Shoulder Shred: Gain strength and definition in your shoulders muscles.

Back Belief: Strengthen your back muscles.

Legendary Legs: Increase strength and endurance in your hamstrings, quadriceps, and calves.