



Group Exercise Schedule

Classes Available in Fitness Room & on ZOOM

****must make an appointment to attend**

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	8:15 ZUMBA GOLD SENIORS MICHELLE	8:30 YOGA BLEND MAGEN	8:15 ZUMBA GOLD SENIORS MICHELLE		8:15 ZUMBA GOLD SENIORS MICHELLE	
9:00	ZUMBA MONIKA	9:30 SPIN MAGEN	ZUMBA MONIKA	9:30 SPIN MAGEN	DANCE FIT CHASTITY	ZUMBA NEVONDA
10:00	BODY SCULPT CHASTITY		PUMP IT UP CHASTITY			BURN OUT AMY
11:00						
PM						
5:30	5:00 DANCE FIT CHASTITY		BODY BLITZ BOOTCAMP KRISTI			
6:30		ZUMBA GLENDA MISTY MONIKA NEVONDA		ZUMBA GLENDA		

ADD UNLIMITED CLASSES FOR \$15.00 A MONTH TO YOUR MEMBERSHIP
GET A "CLASS ONLY" PACKAGE
8.00 PER CLASS FOR NON-MEMBERS

Body Blitz Bootcamp-Total body workout, including cardio, using various pieces of equipment & styles

Body Sculpt – Light to moderate weights, toning and full body work out!

Burn Out-High reps, full body workout!

Dance Fit – Moderate to intense cardio dance fitness to popular top 40 hits!

Pump it up – Light to moderate weights with lots of repetition, full body work out!

Rep it up-Full body workout with lots of repetition!

Rockin Kickboxing- Fat burning, core strengthening intense cardio

Silver Sneakers – Fitness program designed for seniors!

Spin – Moderate to intense cardio through cycling (45 min)!

Yoga Blend – Yoga, Pilates, Tai Chi (45 min)!

Zumba – Cardio dance. High energy fitness program designed to teach you the 4 basic Zumba Latin rhythms!

Zumba Gold – Senior cardio dance (45 min)!

Zumba Strong-Combines body weight, muscle conditioning, cardio & plyometric training.