










Group Fitness Schedule - November 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:15-7:00am	 Linda (6:15-7:15am)	Cycle Fit Frances	Bounce Class Frances/Debbi	Cycle Fit Charles		8:00-9:00am	Cycle Fit Charles (8:00-8:45am)	Bounce Class Frances (8:00-9:00am)
9:30-10:30am	Body Blast Chuck	Core Class Chuck	Body Blast Chuck	Body Blast Chuck	Bounce Class Frances	10:30-11:30am	Zumba Linda (10:30-11:30am)	 Karen (10:30-11:30am)
11:00-12:00pm	Yoga Lisa	Yoga Rod	Yoga Rod	Yoga Rebecca				
12:15-12:45pm	Cardio Sculpt Renee L	Step Elizabeth	Strength Renee D	Full Body Renee L	Total Body Conditioning Elizabeth			
5:30-6:30pm	 Dana							
6:30-7:30pm		 Dana	 Dana	 Karen				

YOU ARE WHY WE'RE HERE FOR GOOD

Getting to know your classes

BODY BLAST	A high impact cardio and muscular workout using hand weights, body bars and strengthening bands.
BOUNCE CLASS	Kangoo boots provided. For all levels of fitness - enjoy this full body workout which reduces the impact stress on all of your joints by up to 80%. This aerobic class encourages the removal of toxins in the body, increases endurance and helps to sculpt your thighs and bottom. Class includes some resistance training.
CARDIO MIX	A fun cardio class to music! Join us for a blend of dance, cardio kick boxing and step. This class is for all levels and body types as we provide various options and alternatives.
CORE CLASS	This class focuses on toning and defining the abs and strengthening the back to improve posture and core strength.
CYCLE FIT	Utilizes stationary bikes for a cardio workout. Water bottles mandatory and towels are highly recommended.
	Blast all of your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weights. Group Power combines squats, lunges, presses and curls with functional intergrated exercises.
INTERVAL STRENGTH & CARDIO	This half hour class will target all muscle groups of the body with a combination of strength, cardiovascular training and resistance training. All levels welcome.
PILATES	Learn exercises, stretches and breathing that focus on strengthening the core and improving flexibility. If you enjoy Yoga, you will enjoy Pilates.
STRENGH	This class focuses on improving muscular strength, power and stability. In this class you'll use dumbbells, barbells and body weight for a full body strength training workout. All classes can be scaled to all levels of fitness and any physical limitations you may have.
STEP CLASS	An invigorating aerobic workout for all fitness levels, with a variety of movements all done on a multi-level step.
TOTAL BODY (CONDITIONING)	A muscular workout using hand weights, body bars and strengthening bands.
YOGA	Learn basic postures and breathing techniques that will help improve your flexibility and strength. Try <i>Power Yoga</i> for a higher intensity yoga experience.
ZUMBA	Fitness program consisting of short dance and aerobic exercise routines performed to popular Latin American music.