

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 <b>TURBO-KICK/HUSTLE</b> Lisa R.	9:00-10:00 <b>TOTAL SPIN</b> Suzanne	8:30-9:30 <b>INTERVAL CARDIO</b> Lisa c	9:00-10:00 <b>TOTAL SPIN</b> Suzanne	8:30-9:15 <b>Block Party</b> Lisa C
				9:30-10:15 <b>Yoga</b> <b>Core Fundamentals</b> Cheryl
	10:00-10:30 <b>ABS AND ARMS</b> Suzanne	<b>B.U.R.S.T ***</b> 8:00 Activity Center	10:00-10:30 <b>ABS AND ARMS</b> Suzanne	
10:00- 10:45 <b>SilverSneakers® Class</b> Jackie (Activity Center)		10:00- 10:45 <b>SilverSneakers® Class</b> Jackie (Activity Center)		10:00- 10:45 <b>SilverSneakers® Class</b> Lisa R. (Activity Center)
11:00-11:45 <b>PILATES WORKOUT</b> Marsha	\		11:00-11:45 <b>PILATES</b> Jackie	11:15 – 12:00 <b>ZUMBA</b>
***** THERE IS A CHARGE	FOR THESES PROGRAMS	SEE FRONT DESK FOR	INFORMATION *****	
	5:30-6:30 <b>ZUMBA</b> Lisa R.		5:30-6:15 <b>CIRCUIT INTERVAL</b> Melissa	
	TAEKWONDA **** 6:00 -7:00 Activity Center		TAEKWONDA **** 6:00 -7:00 Activity Center	
6:00 _ 7:00 <b>ZUMBIA</b> Lisa R	6:30 -7:15 <b>YOGA BASIC</b> Lisa R	5:30-6:30 <b>KICKING CARDIO</b> Jennifer	<b>6:30-7:30</b> <b>YOGA FLOW</b> Cheryl	<b>5:30-6:30</b> <b>ZUMBA</b> Lisa R
	<b>B.U.R.S.T ****</b> 5:00 Activity Center			
<b>5:30 – 6:30</b> <b>SPIN</b> Ashley	<b>6:00 -7:00</b> <b>SPIN</b> Richard	<b>5:30-6:30</b> <b>SPIN</b> Ashley	<b>6:00 – 7:00</b> <b>SPIN</b> Richard	

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## CLASS DESCRIPTION

**ZUMBA.....**The Latin inspired, easy to follow, calorie burning dance fitness party.

**CIRCUIT INTERVAL...** Total Body Circuit class combining cardio & strength training. For a complete workout,

**KICKING CARDIO.....** Toning class with kick boxing to keep that heart pumping

**SPIN CLASSES .....**enjoy virtual spin traveling all over the world! Have fun and get an Amazing Cardio workout! Bring your water and towel !

**YOGA FLOW .....**(For All levels )Yoga builds strength & flexibility while creating a calm state of mind.

**PILATES .....**- Class full of great core work to build your strength & flexibility.

**PILATES WORK OUT.....**Pilates core work but often using the bosu, stability balls, weights and bands.

**ARMS & AB'S.....** A class just for your abs & upper body toning in 30 minutes 1

**SilverSneakers® Class.....**Classes geared for active older adults, but open to all.

**INTERVAL CARDIO.....** continuous, fast-paced cardio while using weights, bands, body bars, and much more for strength

**BLOCK PARTY ! .....** 45 minutes of step cardio in block formation.

**Yoga Core Fundamentals,** An all levels Yoga class combining traditional yoga flow style with up to date knowledge of anatomy to get to the heart & soul of your core! By working all the core muscles throughout the practice we will create a union of strength and flexibility. For Beginners to advanced, all are welcome.

**YOGA BASIC.....** this class is for people new to yoga and the not so new but want just basic yoga moves,

**TURBO/KICK-HUSTLE.....**Turbo Kick with a fun dance type workout using Hip Hop, Salsa , Kickboxing and more ! Theme nights sometime too !!~

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