Group Fitness Schedule

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				Happy New Year!	
					9:00 AM
					Choreo Get Fit
					Stay Fit - Linda
4	5	6	7	8	9
8:00 AM	9:00 AM	8:00 AM	9:00 AM	9:00 AM	
Pilates- Bonnie	Total Body-Bonnie	Pilates- Bonnie	Total Body-Bonnie	Total Body -	9:00 AM
9:00 AM	10:00 AM	9:00 AM AM Choreo Get Fit	10:00 AM	Bonnie	Choreo Get Fit
Total Body- Bonnie	Barre - Bonnie	stay Fit-Linda	Barre - Bonnie	40.00.444	Stay Fit - Linda
10:00 AM		10:00 AM		10:00 AM Agua Zumba –	
Aqua Aerobics-Bonnie	4:00 PM	Aqua Aerobics -	4:00 PM	Aqua zumba – Bonnie	
10:00 AM	Sculpt Yoga Debbie	Bonnie 10:00 AM	Sculpt Yoga Debbie	Donnie	
Yoga – Debbie	5:00 PM	Yoga –Debbie	5:00 PM	10:00 AM	
44.00.404	Restorative Yoga	116.	Restorative Yoga	Yoga Debbie	
11:00 AM Aqua Aerobics-Bonnie	Debbie	11:00 AM	Debbie		
		Aqua Aerobics-			
11	12	Bonnie 13	14	15	16
8:00 AM	9:00 AM	8:00 AM	9:00 AM	9:00 AM	10
Pilates- Bonnie	Total Body-Bonnie	Pilates- Bonnie	Total Body-Bonnie	Total Body –	9:00 AM
9:00 AM		9:00 AM		Bonnie	Choreo Get fit
Total Body- Bonnie	10:00 AM	Choreo Get Fit Stay	10:00 AM		Stay Fit - Linda
40.00.444	Barre - Bonnie	Fit-Linda	Barre - Bonnie	10:00 AM	
10:00 AM Aqua Aerobics-Bonnie	4:00 PM	10:00 AM	4:00 PM	Aqua Zumba –	
	Sculpt Yoga Debbie	Aqua Aerobics -	Sculpt Yoga Debbie	Bonnie	
10:00 AM Yoga – Debbie	5.00 PM	Bonnie	5.00 PM	10.00 414	
Toga Debble	5:00 PM Restorative Yoga	10:00 AM Yoga –Debbie	5:00 PM Restorative Yoga	10:00 AM Yoga- Debbie	
11:00 AM	Debbie	Togu Debble	Debbie	Toga- Debble	
Aqua Aerobics-Bonnie		11:00 AM			
		Aqua Aerobics-			
18	19	Bonnie 20	21	22	23
8:00 AM	9:00 AM	8:00 AM	9:00 AM	9:00 AM	23
Pilates- Bonnie	Total Body-	Pilates- Bonnie	Total Body –	Total Body – Bonnie	9:00 AM
9:00 AM	Bonnie	9:00 AM	Bonnie		Choreo Get Fit
Total Body- Bonnie		Choreo Get Fit Stay		10:00 AM	Stay Fit - Linda
40.00.444	10:00 AM	Fit-Linda	10:00 AM	Aqua Zumba – Bonnie	
10:00 AM Aqua Aerobics-Bonnie	Barre - Bonnie	10:00 AM	Barre - Bonnie	Domine .	
	4.00.00	Aqua Aerobics -	4.00.000	10:00 AM	
10:00 AM Yoga – Debbie	4:00 PM	Bonnie	4:00 PM	Yoga- Debbie	
_	Sculpt Yoga Debbie	10:00 AM Yoga -Debbie	Sculpt Yoga Debbie		
11:00 AM	Dennie		5:00 PM		
Aqua Aerobics-Bonnie	5:00 PM	11:00 AM	Restorative Yoga		
	Restorative Yoga	Aqua Aerobics- Bonnie	Debbie		
	Debbie	Bollille			
		27			
25	26	27 8:00 AM	28	29	30
8:00 AM Pilates- Bonnie	9:00 AM Total Body-Bonnie	Pilates- Bonnie	9:00 AM Total Body-Bonnie	9:00 AM	0.00
	Total Bouy-Buillie	9:00 AM Choreo Get Fit Stay Fit-	Total Bouy-Bullille	Total Body-Bonnie	9:00 AM
9:00 AM Total Body- Bonnie	10:00 AM	Linda	10:00 AM	10:00 AM	Choreo Get Fit Stay Fit - Linda
Total Body- Buillie	Barre - Bonnie	10:00 AM	Barre - Bonnie	Aqua Zumba -	Jiay Fit - Lillud
10:00 AM	4:00 PM	Aqua Aerobics -Bonnie 10:00 AM	4:00 PM	Bonnie	
Aqua Aerobics-Bonnie	Sculpt Yoga Debbie	Yoga –Debbie	Sculpt Yoga Debbie		
10:00 AM		11:00 AM			
Yoga – Debbie	5:00 PM	Aqua Aerobics-Bonnie	5:00 PM		
11:00 AM	Restorative Yoga Debbie	6:00 PM Twister Yoga- Debbie	Restorative Yoga Debbie		
Aqua Aerobics-Bonnie	Dennie	i wister Toga- Depole	Dennie		

Class Descriptions:

<u>WATER FITNESS:</u> This class is medium to high intensity, but low impact to protect your joints. Perfect for those who are just starting back to fitness as well as those who need a new challenge? Cardiovascular conditioning, muscular endurance and strength are emphasized. No swimming ability required. *All fitness levels welcome!*

<u>AQUA ZUMBA</u>: Aqua Zumba is a great way to work aerobic endurance, muscular resistance, flexibility and joint mobility all at the same time while incorporating the dance rhythms & flair that make Zumba Aqua so much fun!

YOGA: All ages and abilities will enjoy this chance to wind down and refocus priorities while increase flexibility and strength. *Beginners welcome!*

<u>Choreo Get Fit-Stay Fit!</u> See what all the excitement is about! We incorporate cardio routines using fun and exciting music. This helps the heart rate increase. Which helps to speed up metabolism and burn calories. The class also uses weights, bands, and balls to build muscle, which burns calories and improves general muscle strength. The class is full of energy and a great way to work out without feeling like you are working out!! Hope to see you soon!

LOW IMPACT CARDIO: Low Impact Cardio improves coordination, toning, strengthening as well as increasing heart rate for an energetic & healthy workout. A fun way to burn calories while listening to music of the 50's, 70's, & 80's. *All fitness levels welcome!*

TOTAL BODY FITNESS: A total body workout routine concentrates on strengthening, toning & tightening your entire body with the use of the fitness ball. Weights & balance training. *This class is designed for all levels!*

<u>BEGINNING PILATES:</u> Pilates is excellent for gaining core strength and this beginner class is the perfect way to start building a stronger midsection that will be less prone to injury. Having a strong core can protect the back from injuries and ailments such as sprains, stiffness, and even bouts of sciatica. Pilate's targets the upper and lower abdominals, oblique's, and back, as well as toning the glues and thighs. *All fitness levels welcome!*

BARRE: Barre class is a combination of ballet, strength, yoga and Pilates, focusing on core, gluts balance and strength training. The class is taught at the barre with weight training and some additional floor work. All levels are welcome.

YOGA FUSION: Combination of Yoga, Pilates and Barre

<u>Complete Calisthenics</u> Classes utilize full body exercises to increase the heart rate, promoting cardiovascular health as well as muscle strength and tone. This class contains mobility/flexibility, strength and cardio to complete the SWEAT experience.