

# FITNESS SCHEDULE JANUARY 10 – FEBRUARY 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00a		Y FIT 45 minutes		Y FIT 45 minutes		
5:30a	Y PUMP 60 minutes	YOGA 60 minutes	Y PUMP 60 minutes	YOGA 60 minutes	TRX 45 minutes	
5:45a		CYCLING 45 minutes		CYCLING 45 minutes		
8:30a	Y FIT 45 minutes		CYCLING 45 minutes	Y FIT 45 minutes	CYCLING 45 minutes	
8:45a		Y PUMP 60 minutes				
9:00a		YOGA 60 minutes		YOGA 60 minutes		
10:00a	ZUMBA GOLD 45 minutes				ZUMBA GOLD 45 minutes	
	PARKINSONS IN MOTION 60 minutes		PARKINSONS IN MOTION 60 minutes			
10:15		SR STRENGTH & CARDIO 60 minutes		SR STRENGTH & CARDIO 60 minutes		
12:15	CORE EXPRESS 30 minutes		CORE EXPRESS 30 minutes		Cycling Studio	
5:30p	CARDIO DANCE 60 minutes	Y PUMP 60 minutes	CARDIO DANCE 60 minutes	Y PUMP 60 minutes	Middle Gym	East Gym
	Y FIT 45 minutes	ZUMBA 60 minutes	Y FIT 45 minutes	ZUMBA 60 minutes	Dance Studio B (downstairs)	Dance Studio A (upstairs)
		CYCLING 45 minutes	TRX 45 minutes	CYCLING 45 minutes		

**Y FIT** - This class will include a mixture of cardio and strength in a fast paced workout setting that consists of group training, circuit training, HIIT and tabata training.

**Cardio Dance** - An awesome dance-based total workout. Cardio and resistance.

**Parkinson's in Motion** - Focuses on balance, strength and cognitive components to assist people with Parkinson's. Class also includes exercises to improve gait, rigidity, handwriting skills and posture.

**Cycling** - This class will get your heart pumping while cycling on indoor stationary bikes. Cycling is a great workout that people of all fitness levels can enjoy with the freedom to make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended.

**Sr. Strength & Cardio** - Implements effective, research-driven physical activity programs that are scientifically proven to improve health and performance in older adults. Incorporates a cardiovascular and strength training segment using hand & ankle weights.

**Yoga** - Practices the fundamentals of Hatha through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind.

**Zumba Gold** - A low impact but high energy class set to motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries.

**Zumba** - This class combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses variety of styles in its routines. Including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.

**TRX** - TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

**Y PUMP** - Pump up the volume and transform your body. You will be pumping barbells and plates to pulse pounding music for every major muscle group.

**CORE EXPRESS** - This 30 minute core express class will be using a variety of exercises emphasizing the core muscles. Benefits include increased strength, stamina, posture, coordination and control of your body.