



January Group Fitness Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
5:30 AM													
7:00 AM			POWER by Erick (45 min.)										
7:50 AM													
8:00 AM	Advanced BodyWRX Nick B.		Yoga for Wellness George		Cardio Pump Amber		Yoga for Wellness Andrea		Advanced BodyWRX Nick B.		Zumba® Rebecca		
9:00 AM	Let's Get Fyzical Deb		Spin Amber		Strength & Stretch Deb		Spin Amber		Full Body Stretch Angie		(\$15) PD1 – RSB for Parkinson's Angie	Yoga for Wellness Bob	(\$15) Sweat! Erick
10:00 AM	TRANSITIONS Deb	Zumba® Rebecca	Strength & Balance Angie		Transitions Deb	Zumba® Rebecca	Strength & Balance Angie		Transitions Deb	Zumba® Rebecca	(\$15) PD2 – RSB for Parkinson's Angie	ADVANCED Strength & Balance Deb (10:15 AM)	10:30am. (\$20) Boxing with Erick
11:00 AM	(\$15) PD1- RSB for Parkinson's Angie	HEART HEALTHY Romel	Adaptive Yoga Angie		ADVANCED Strength & Balance Deb	HEART HEALTHY Romel	Adaptive Yoga Angie		11:30am HEART HEALTHY Romel	Line Dancing Ivy		(\$10) - 11:15 AM Belly Dancing Sherry	
12:00 PM	(\$) Classical Ballet Miss Judi		(\$15) PD4 – RSB for Parkinson's Angie	Line Dancing Ivy	(\$15) PD1 – RSB for Parkinson's Angie		(\$15) PD4 – RSB for Parkinson's Angie		Fyz-Flo Yoga 12:15 Bob			RSB BOXING ERICK	
1:30 PM	(\$15) RSB Women Fighting Parkinson's Angie		(\$15) PD2 – RSB for Parkinson's Angie		(\$15) RSB Women Fighting Parkinson's Angie		(\$15) PD2 – RSB for Parkinson's Angie						
3:00 PM	(\$) Point Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi		(\$) Children's Dance Miss Judi						
4:30 PM					(\$) Ballroom Dance Miss Judi								
5:30 PM	Functional Training Michelle	Zumba® Rebecca	Spin Amber		Zumba® Rebecca		Athleticize Kevin						
6:30 PM	Yoga for Wellness Joanne				6:20PM Zumba®/Toning Rebecca		Yoga for Wellness Joanne						
7:00 PM							(\$) 7:30 PM Ballroom Dance Miss Judi						

BLUE SHADE = MEET AT THE BLUE TURF

RED-HIGH
INTENSITY
ORANGE-MEDIUM
INTENSITY

ORANGE SHADING = DANCE SPECIALTY CLASS (\$)

NEW CLASSES OR NEW TIMES



Adaptive Yoga: Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movements. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. (Shoe friendly for those with neuropathy)

Advanced BodyWRX: Advanced BodyWRX is for individuals who have tried the Beginner BodyWRX and want a more advanced and higher intensity class. Weights, resistance bands and one's own body weight will be used to build strength and endurance. (Yoga mat recommended)

Advanced Strength & Balance: This is a fun class to build on goals attained by regular attendance of the Strength and Balance class. Held on the *Blue Turf, we move through various balance and strength stations designed to challenge you to the core.

Athleticize: The goal of Athleticize is to engage participants in high intensity athletic based movements. This will take place utilizing different pieces of equipment such as agility ladder, cones, jump ropes, the sled, steps, bodyweight exercises I etc.

Body Blast: Challenging total body strength and cardio building workout. An advanced class for those who like to work hard..

Cardio Strength: Experience intervals of choreography and strength/toning with dumbbells for this fun fat burning workout. Suitable for everyone who likes to move to the music.

Full Body Stretch: Every Friday we take it down a notch and build a strong core and elongate the muscles to complete the workout week! (Yoga Mat recommended)

Heart Healthy Cardio: Low impact circuit class utilizing different cardio machines to help you reach a heart healthy zone to burn fat, and improve your overall health!

Line Dancing: Brought to you by Ivy direct from "The Ranch". This class brings together families, great music and lots of fun! Enhance your core, coordination, balance, and strength. Bring your friends and family for an hour of fun! (Sneakers only! No Boots please)

PiYo: Pilates Yoga blend, a unique combination of standing Pilates blended into standing Yoga sequences to sculpt, strengthen, and stretch the lower body, with a particular focus on spinal alignment. (Yoga Mat recommended)

Spin: 50 minutes is all it takes to transform the way you look and feel! Fat-burning cardio, a full-body workout-hand weights and core work!

Strength & Balance: This is a great way to begin your journey to better health. It is designed to increase your strength, range of movement, balance and coordination. The use of a chair is an option but not required.

Strength & Stretch: This class uses weights, resistance bands and one's own body weight to build the strength and endurance. Also a variety of different types of stretch techniques will be used so your body will increase flexibility and range of motion. The goal is for your body to feel better and prevent injuries. (Yoga Mat recommended).

Sweat: It's time to get your SWEAT-ON! A circuit-style class focusing on a total body approach. We will incorporate resistance, cardio and core exercises in a 60min class that will leave you feeling satisfied and accomplished! Sweat is designed with 3 levels of fitness with a cool-down focused on gratitude and positive vibes. Happy Sunday-Funday!

Yoga for Wellness: The ultimate mind, body and spirit connection. Work within a healthy range of motion to build strength and body awareness. Blocks and straps are used to gain the most out of your yoga practice. (Yoga Mat recommended)

Zumba®: The most fun you will have in a fitness class! Zumba is a international fitness dance program that will give you a great workout.