



February Group Fitness Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00 AM							Boot Camp Amber (45 min.)							
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 Rommel	Adaptive Yoga Angie		ADVANCED Strength & Balance Deb	HEART HEALTHY Rommel	Adaptive Yoga Angie		11:30am HEART HEALTHY Rommel	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 (90 min.)				RSB BOXING ERICK	
1:00 PM & 1:30PM	(\$15) 1:30 RSB Women Fighting Parkinson's Angie		(\$15) 1:30 PD2 – RSB for Parkinson's Angie		(\$15) 1:30 RSB Women Fighting Parkinson's Angie		(\$15) 1:30 PD2 – RSB for Parkinson's Angie					(\$20) 1:00 Women's self defense Rommel		
2:00 PM														
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		Buti Yoga (\$15) Natasha					
6:30 PM	Yoga for Wellness Joanne		Fyz-Flo Yoga L2 Bob		6:20PM Zumba®Toning Rebecca		Yoga for Wellness Joanne							
7:30 PM							(\$) 7:30 PM Ballroom Dance Miss Judi							

BLUE SHADE = MEET AT THE BLUE TURF

Yellow Shade= New Classes or New Times

Orange Shade= Specialty Dance Class (\$)

Gray Shade= MEET IN CARDIO AREA

RED-HIGH
INTENSITY

ORANGE-MEDIUM
INTENSITY

CLASS DESCRIPTIONS

Adaptive Yoga: ALL LEVELS - 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.

Advanced Body WRX: HIGH INTENSITY - This is a lower body HIIT class designed to strengthen core, build muscle and sculpt your backside!

Athleticize: MEDIUM INTENSITY - This class works your total body. You will increase muscle, improve coordination and burn calories through a combination of weight training and cardio.

Boot Camp: All LEVELS - Get a great full body workout. You will work at your own intensity level.

Boxing: MEDIUM INTENSITY - Full body circuit exercises that really pack a punch! Jab, cross, hook and uppercut your way to fit and strong!

Beginner Zumba: Join the fun! Learn the basics steps of Zumba.

Zumba: ALL LEVELS - The most fun you will have in a fitness class! Zumba is the popular international fitness dance program. This energy filled class burns calories, increases stamina and tones your whole body!

Cardio Pump: HIGH INTENSITY - This is a cardio and upper body/ core boot camp style class.

Full Body Stretch: ALL LEVELS - Every Friday we take it down a notch and build a strong core and elongate the muscles to complete the workout week!

Functional Training: MEDIUM INTENSITY - You will move around the entire gym in this circuit class that works the entire body!

Fyz-Flo Yoga: ALL LEVELS - **Yoga experience recommended.** This gentle yoga class focuses on proper alignment and posture that will increase flexibility, balance and range of movement.

Let's Get Fyzical: ALL LEVELS- Low impact choreographed aerobics class. You will burn calories, improve balance and coordination while having a blast!

Line Dancing: ALL LEVELS - This is a step by step guide to popular line dances. This is a fun way to stay fit and fabulous!

POWER: HIGH INTENSITY - Rise and shine with this energizing boot camp! This is a total body strength and conditioning workout.

Spin: ALL LEVELS - Fat burning cardio, core work and arm sculpting in one class!

Strength and Balance: ALL LEVELS - This is a low impact class designed to increase your strength, range of movement, balance and coordination. The use of a chair is an option but not required.

ADVANCED Strength and Balance: ALL LEVELS- For those who have regularly attended strength and balance and are ready to move on to new challenges.

Strength and Stretch: ALL LEVELS - This class combines weights and stretching to sculpt, strengthen and stretch the entire body.

SWEAT : MED-HIGH INTENSITY- Soulful Sunday Sweat Session!!! This is a total body boot camp style class.

Yoga for Wellness: ALL LEVELS - 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.