

CD=Charlene Duvall
 GS=Ginger Sonen
 CJ=Chelsea Jones
 KK=Kim King



LC=Lynnette Carter
 LS=Laura Stokes
 PJ=Patricia Jankowsky
 SB=Sierra Bridges
 QM=Qweshanda Maney

November CLASS SCHEDULE

(\\$) Specialty Classes \$10 per Class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	(GS) Mix & Max	(LC) Sculpt & Tone	(LC) Mix & Max	(LC) Sculpt & Tone	(LS) Cardio&Core	
9:30 AM	(GS) SS Classic	(LC) SS Cardio Circuit	(CD) SS Yoga	(LC) SS Classic		(CJ) Kids Dance Party
10:30 AM		(SB) House Party Fitness	(QM) On My Weigh House Party Fitness	(SB) House Party Fitness		
12:00			(CD) Yoga			
4:00 PM		(GS) Kids Aerobics		(GS) Kids Aerobics		
5:00 PM	(GS) Cardio& Core		(GS) Cardio & Core	(GS) Cardio & Core	(CD) Kids Yoga	
6:00 PM	(CD) Yoga	(KK) Fat Blaster	(GS) Totally Ripped	(KK) Fat Blaster	(CD) Yoga	
7:00 PM	(PJ) Zumba	(PJ) Zumba Toning	(PJ) Zumba	(CD) Yoga		

CLASS DESCRIPTIONS: On Back of this Page

\$Boot Camp\$- Hard core full body very intense workout. There will be two personal trainers in each class to demonstrate and perfect your technique.

Cardio & Core- This exciting workout combines a moderate to high intensity cardio core workout with functional strength training.

Classic- Silver Sneakers class- Muscle Strength & Range of Movement will help to improve agility, balance, coordination and activities for daily living, using a chair, ball, free weights, and bands.

Fat Blaster- This class will blast fat cells and burn calories, using multiple disciplines including circuit, intervals, kickboxing, and step!

Kids Aerobics- A fun filled class to keep your child moving aerobically by playing games and challenging obstacle courses, they won't even realize they are working out!

Kids Dance Party- A high-energy dance class with cardio-based dance movements that are easy to learn and follow. No dance experience required!

Kids Yoga- This class is done while the instructor tells a story and incorporates yoga poses through- out that coordinate with the story. This is a fun relaxing, learning time for your child.

Mix & Max - A full on calorie scorching aerobics class with a variation of Step, Intervals, Super Sets, and Tabatas.

Sculpt & Tone- Reshape, sculpt and tone your body using a combination of free weights, bars, bands, balls, and mats.

Totally Ripped- High intensity interval training for all fitness levels. This class includes sculpting, endurance training, power plyometric moves and full body functional training exercises. Modifications will be shown for various levels of fitness.

Yoga - A class to stretch your mind, body, and spirit. Several modifications are taught to make your experience as relaxed or challenging as you like.

Yoga Stretch- Silver Sneakers class will move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement.

****Water Aerobics**-** Get all the benefit of cardio conditioning and toning with none of the pounding on your joints! It will be fun in the sun, while you get a leaner/stronger body.

Zumba- Latin inspired dance-fitness class with cardio-based dance movements that are easy to follow. No dance experience required!

****WATER AEROBICS WILL BE CANCELLED IF IT IS RAINING OR COLD****

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