



GROUP EXERCISE CLASSES

VICTORIA TRAILS AMENITY CENTER

GROUP EXERCISE

VICTORIA PARK FITNESS CARD

Only \$2.00 Per Class

10 or 20 punch cards available for purchase.

SAT FRI THURSDAY WEDNESDAY TUESDAY MONDAY

YOGA	9:00 AM
PILATES	10:30 AM
CARDIO FIT	6:45 PM
STRENGTH TRAINING	9:00 AM
STRIKE YOUR BALANCE	9:30 AM
STRENGTH TRAINING	9:00 AM
CARDIO FIT	6:45 PM
ZUMBA IN THE CIRCUIT	9:00 AM
CARDIO FIT	9:00 AM

CARDIO FIT Sizzle, Sweat, Strengthen, Stretch, and smile to reach your personal fitness goals. This one hour workout will include low impact aerobics, strength training, core, flexibility, and relaxation. Make the move to Cardio Fit!

STRIKE YOUR BALANCE Class incorporates stabilization exercises and core strengthening techniques to improve your balance and increase your ability to do all of your favorite activities.

PILATES A unique form of simple, precise and effective exercise. Pilates is not only gentle on the body but also offers many benefits. It focuses on the deep muscles responsible for your body's core strength and stability.

STRENGTH TRAINING Learn the basics of strength training using free weights and your own body weight. Some cardiovascular exercise is included.

YOGA A class for all fitness levels. The class focuses on teaching basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body. If you have been wanting to begin a yoga practice to reap all of the health benefits that yoga has to offer...now is the time! Please bring a mat, towel and water.

ZUMBA IN THE CIRCUIT Zumba in the Circuit combines Latin-inspired dance fitness moves with interval training to give participants a full body workout. Class will include intervals of Zumba Toning using light weights to incorporate Strength Training and Zumba Step to add lower body intensity.

Classes are adapted for all fitness levels.



EVERGREEN
LIFESTYLES MANAGEMENT

Call (386) 279-7700
to purchase fitness card.