

MARCH OUTDOOR FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LH Pavilion	CC Pavilion	CC Pavilion	CC Pavilion
Zumba 1:00 – 1:45 Tracey	Cardio Sculpt 1:00 – 1:45 Leslie	Step – No Step 1:00 – 1:45 Leslie	Cardio Sculpt 1:00 – 1:45 Leslie
Gentle Breath Center Yoga 2:15 – 3:00 Joy	Zumba 2:15 – 3:00 Vickie	Total Body 2:15 – 2:45 Jan	Zumba 2:15 – 3:00 Vickie
Zumba 3:30 – 4:15 Elke	Cardio Fun 3:30 – 4:15 Peg	Zumba 3:30 – 4:15 Elke	Cardio Fun 3:30 – 4:15 Peg

This outdoor schedule will continue unless the weather dictates otherwise.

Cardio Fun Improve your cardio during this aerobic dance inspired class. You'll enjoy music, choreography and movement while burning calories. No high impact moves.
45 min. Level 2 – 4

Cardio Sculpt Aerobics and strength training with core work and a stretch. 45 min. Level 2 – 4

Gentle Breath Centered Yoga Thoughtfully sequenced yoga guided by the rhythm of your breath. Consider this class if your practice has progressed to a place where learning to be gentle and kind to yourself is essential. 45 min. Level 2

Step – No Step Choreographed step aerobics to improve cardiovascular fitness.
45 min. Level 2 – 4

Total Body Work all your muscle groups to build strength and increase bone density.
30 min. Level 2 – 4

Zumba Dance your way to a strong core and cardiovascular fitness in this fun, Latin-based dance class. 45 min. Level 2 – 4

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced

