

OUTDOOR FITNESS CLASS SCHEDULE – Starting Nov. 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CC Pavilion	LH Pavilion	CC Pavilion	LH Pavilion
Step – No Step 1:00 – 1:45 Leslie	Cardio Sculpt 1:00 – 1:45 Leslie	Step – No Step 1:00 – 1:45 Leslie	Cardio Sculpt 1:00 – 1:45 Leslie
Total Body 2:15 – 2:45 Jan		Total Body 2:15 – 2:45 Jan	
Zumba 3:30 – 4:15 Elke		Zumba 3:30 – 4:15 Elke	

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

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