

OUTDOOR FITNESS CLASS SCHEDULE: Nov 30 – Dec 31

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	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

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