

march group fitness calendar 2020



sun.	mon.	tues.	wed.	thurs.	fri.	sat.
1	2 senior fit 9:15 a.m. restore & renew 10:15 a.m. total body 6:00 p.m. pound! 7:00 p.m.	3 intervals 9:00 a.m. silver sneakers 10:15 a.m. plyo abs 5:30 p.m. weapons training 6:30 p.m.	4 senior fit 9:15 a.m. stretch & balance 10:15 a.m. zumba toning 7:00 p.m.	5 abs & glutes 9:00 a.m. silver sneakers 10:15 a.m. 20/20 5:30 p.m. taekwondo 6:30 p.m.	6 pound! (done in the chair) 9:15 a.m.	7 total body 9:00 a.m. zumba 10:00 a.m.
8	9 senior fit 9:15 a.m. restore & renew 10:15 a.m. total body 6:00 p.m. pound! 7:00 p.m.	10 intervals 9:00 a.m. silver sneakers 10:15 a.m. plyo abs 5:30 p.m. Breakfast Basics wellness event 6:30 p.m.	11 senior fit 9:15 a.m. stretch & balance 10:15 a.m. zumba toning 7:00 p.m.	12 abs & glutes 9:00 a.m. silver sneakers 10:15 a.m. 20/20 5:30 p.m.	13 pound! (done in the chair) 9:15 a.m.	14 total body 9:00 a.m. zumba 10:00 a.m.
15	16 senior fit 9:15 a.m. restore & renew 10:15 a.m. total body 6:00 p.m. pound! 7:00 p.m.	17 intervals 9:00 a.m. silver sneakers 10:15 a.m. plyo abs 5:30 p.m. weapons training 6:30 p.m.	18 senior fit 9:15 a.m. stretch & balance 10:15 a.m. zumba toning 7:00 p.m.	19 abs & glutes 9:00 a.m. silver sneakers 10:15 a.m. 20/20 5:30 p.m. taekwondo 6:30 p.m.	20 pound! (done in the chair) 9:15 a.m.	21 total body 9:00 a.m. zumba 10:00 a.m.
22 wbf nature hike @ charleston falls 1:00 p.m.	23 senior fit 9:15 a.m. restore & renew 10:15 a.m. total body 6:00 p.m. pound! 7:00 p.m.	24 HAPPY St. Patrick's DAY intervals 9:00 a.m. silver sneakers 10:15 a.m. plyo abs 5:30 p.m. weapons training 6:30 p.m.	25 senior fit 9:15 a.m. stretch & balance 10:15 a.m. zumba toning 7:00 p.m.	26 abs & glutes 9:00 a.m. silver sneakers 10:15 a.m. 20/20 5:30 p.m. taekwondo 6:30 p.m.	27 pound! (done in the chair) 9:15 a.m.	28 total body 9:00 a.m. zumba 10:00 a.m.
29	30 senior fit 9:15 a.m. restore & renew 10:15 a.m. total body 6:00 p.m. pound! 7:00 p.m.	31 intervals 9:00 a.m. silver sneakers 10:15 a.m. plyo abs 5:30 p.m. weapons training 6:30 p.m.				

Total Body

Every muscle group is targeted during this full body strength workout. Interval timing is the format used with the work periods and rest periods varying week to week. All fitness levels welcome!

Senior Fit

This class is geared for older populations and will take place at the Christina Leiber Center in Brookville's Golden Gate Park. Class will consist of 20 minutes aerobic exercise and 20 minutes of strength training to be followed by some stretching and stability work.

Zumba

Zumba® is designed to bring people together to sweat it on. Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All fitness levels welcome!

"Come join the party!"

Interval Training

Interval training involves a series of low- to high-intensity workouts interspersed with rest or relief period followed by some great core work at the end. This great workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. All fitness levels welcome!

Abs & Glutes

Looking to firm up your rear end and lower body as well as strengthen that core? This is the class or you! A 40-minute class that will blast the areas for a quick calorie burn and strength endurance gains. All fitness levels welcome!

Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

Stretch & Balance

In this class the focus will be balance and stretching for flexibility as well as injury prevention. Stretches will be held for a lengthy time period of close to a minute to really stretch deep into the muscle to allow for gains to be made in flexibility.

Pound!

Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums. Using lightly weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. **Our friday morning pound! is done in the chair to make it more accessible to older populations!**

Restore & Renew

This class is the perfect break from the hustle and bustle. This 45-minute stretch styled class will focus on loosening your muscles after a week of fitness, work, and life.

Zumba Toning

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

20/20

This simple concept is no easy burn! This 45 minute class will focus on doing 20 minutes of intervalled cardio, and 20 minutes of focused strength training, leaving 5 minutes for warm-up and cool-down. A perfect burst for after work!

Plyo Abs

A little bit of cardio, a little bit of abs- what more could ask! This class mixes plyometric cardio with a nice ab blast, to raise your heart rate and tone your core! All fitness levels are welcome!