

january group fitness calendar 2021



sun.	mon.	tues.	wed.	thurs.	fri.	sat.
					1 senior fit 9:15 a.m.	2 total body 9:00 a.m.
				HIIT 5:30 p.m.		
3	4 senior fit plus stretch 9:15 a.m. zumba 6:00 p.m.	5 cardio quickie 5:30 p.m. total body 6:00 p.m.	6 senior fit 9:15 a.m. kitchen sink 6:00 p.m.	7 HIIT 5:30 p.m.	8 senior fit 9:15 a.m.	9 total body 9:00 a.m.
10	11 senior fit plus stretch 9:15 a.m. zumba 6:00 p.m.	12 cardio quickie 5:30 p.m. total body 6:00 p.m.	13 senior fit 9:15 a.m. kitchen sink 6:00 p.m.	17 HIIT 5:30 p.m.	15 senior fit 9:15 a.m.	16 total body 9:00 a.m.
17	18 senior fit plus stretch 9:15 a.m. zumba 6:00 p.m.	19 cardio quickie 5:30 p.m. total body 6:00 p.m.	20 senior fit 9:15 a.m. kitchen sink 6:00 p.m.	21 HIIT 5:30 p.m.	22 senior fit 9:15 a.m.	23 total body 9:00 a.m.
24	25 senior fit plus stretch 9:15 a.m. zumba 6:00 p.m.	26 cardio quickie 5:30 p.m. total body 6:00 p.m.	27 senior fit 9:15 a.m. kitchen sink 6:00 p.m.	28 HIIT 5:30 p.m.	29 senior fit 9:15 a.m.	30 total body 9:00 a.m.
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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.

Plus stretch- add a little stretch to your workout and some Pound! thrown in!

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!"

Kitchen Sink

Everything but the kitchen sink! This class will be a little different every week. Circuits, weights, cardio, intervals, kick boxing- a little of everything and we may just find your new favorite. Get ready to sweat and strengthen no matter what we do!

Cardio Quickie

20 minutes of intervalled cardio with a warm up and stretch- it's all you need! The perfect edition to your routine to get your heart rate up, and the sweat going.

HIIT

High intensity interval training- the perfect way to get a fast pace workout in. This 30 minute class is the perfect length to get some cardio in and target some key core muscles!