

# group fitness calendar



sun.	mon.	tues.	wed.	thurs.	fri.	sat.
	9:15 a.m. <b>senior fit</b> plus stretch  6:15 p.m. <b>zumba</b>	6:00 p.m. <b>30 / 30</b>	9:15 a.m. <b>senior fit</b>  6:15 p.m. <b>dani's choice</b>	6:00 p.m. <b>circuit</b>	9:15 a.m. <b>senior fit</b>	9:00 a.m. <b>cardio kickboxing</b>

## 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 or those with limited mobility. Class will consist of 20 minutes of 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!”

## Dani’s Choice

For this class, we’re at Dani’s mercy- every week we’ll do a different class style that Dani teaches! This includes Zumba, Zumba Toning, Step Fusion, Poud! and whatever else Dani wants to throw at you. Keep your body guessing while you get a sweat in!

## Circuit

A total body class served to you through stations. We get to use each and every piece of equipment in a new and fun way including our spinning bikes, punching bag, scooters etc. All at your own pace with our group motivation.

## 30 / 30

An hour-long class that combines the best of both worlds: 30 minutes of strength with 30 minutes for cardio for a full out burn!

## Cardio Kickboxing

Get in a good total body workout while taking out all your energy from the week- no gloves or additional equipment required. This one hour class is a mix of total body strength and carido using kickboxing techniques- you’ll feel it in your muscles and your sweat.