

# october group fitness calendar 2020



sun.	mon.	tues.	wed.	thurs.	fri.	sat.
				1	2	3 outdoor class @ our side yard 9:00 a.m.
4	5 senior fit @ the lieber center 9:15 a.m.	6	7 senior fit @ the lieber center 9:15 a.m. outdoor class @ our side yard 5:45 p.m.	8 wbf hike @ charleston falls 6:00 p.m.	9	10 outdoor zumba toning @ our side yard 9:00 a.m.
11	12 senior fit @ the lieber center 9:15 a.m.	13	14 senior fit @ the lieber center 9:15 a.m. walk & tone @ brookville bike path 5:45 p.m.	15	16	17 outdoor class @ the basement 9:00 a.m.
18	19 senior fit @ the lieber center 9:15 a.m.	20	21 senior fit @ the lieber center 9:15 a.m. zumba @ the basement 5:45 p.m.	22 wbf hike @ englewood dam 6:00 p.m.	23	24 outdoor class @ the basement 9:00 a.m.
25	26 senior fit @ the lieber center 9:15 a.m.	27	28 senior fit @ the lieber center 9:15 a.m. zumba @ the basement 5:45 p.m.	29	30	31 halloween fitness class @ the basement 9:00 a.m.

## **Outdoor Classes**

These classes will be a little different every time. Each class will have a different format, but we'll be targeting every muscle group as well focusing on both strength and cardio. These classes will be taking place in the gym's "back yard," but you can meet us at the front of the gym and we'll all head over there together! Nothing needed but yourself, a smile, and a water bottle to keep hydrated! In case of rain- we'll either cancel or move to the stage at the Golden Gate Park. 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.

### **Outdoor 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!" This class will be taking place in the gym's "back yard," but if you think you may have trouble finding it you can meet at the front of the gym and we'll all head over there together!

### **WBF Hike**

We love hiking and we want to hike with you! This will be our first ever WBF hike that we are having- hopefully of many more to come. We hope to explore many local parks and trails in the area over time- but we'll first be starting with Charleston Falls. These trails are very beginner trails so nearly fitness levels are welcome as long as you can walk unassisted for a period of time!

### **Online LIVE Fitness Classes**

Our facebook live classes have been happening since April, and we just can't stop! Join us on facebook from the comfort of you own home, either live or after (as the videos will always remain up on our page.) All fitness levels welcome!

### **Walk & Tone**

Get strong while you walk! We'll be incorporating some fitness moves into our walk on the Brookville bike path. The walk won't be too long, but don't worry- we'll make sure its a workout! All fitness levels welcome!