

# GROUP FITNESS SCHEDULE

## OCTOBER 2023



CARDIO & STRENGTH

MIND & BODY

CORE & STRENGTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM	Women N Motion Cristy		Women N Motion Cristy		
8:30-9:15 AM					Zumba Lisa
9:00-9:45 AM	Women N Motion Cristy		Women N Motion Cristy		
12:00-12:30 PM		Power Pilates Kylie		Power 30 Annette	
5:45-6:30 PM	Zumba Lisa			Zumba Lisa	
6:45-7:30 PM	Zumba Lisa			Zumba Lisa	

**Power 30** - This is a 30 minute, comprehensive, high energy, strength and conditioning fitness class that targets the entire body. Intensity is moderate to vigorous, modifications offered.

**Power Pilates** - Drop into this fun and fast paced class that combines Pilates techniques with cardio and weight training all in one. In class you will work on strengthening, lengthening and stabilizing your core muscles, improving posture and balance, and increasing your muscular endurance. Pilates newbies, experienced Pilates goers and everyone in between welcome!

**Women N Motion** - Designed with the mature woman in mind offering a combination of light weight training, balance and flexibility for a total body workout.

**Zumba** - A combination of Latin and International music and dance to create a dynamic calorie burning workout for all fitness levels and ages to sculpt and tone your body.