

# ENHANCED GROUP EXERCISE SCHEDULE

\$4.00 per class –give receipt to instructor at beginning of class

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am		Water Aerobics (Sue)		Water Aerobics (Sue)		
9:00am	Body Conditioning (Grace)		Body Conditioning (Grace)			Zumba
10:00am		Pilates (Sue)	Zumba (Ana)	Pilates (Michele)	Basic Yoga (Pam)	
4:00pm		Zumba (Grace)				
5:00pm	Cycling (Valerie)			Zumba (Rita)		<b>Classes are 50 minutes long</b>



## Class Descriptions:

(All classes are scheduled for 50 minutes)

**Spin:** Dynamic and high-energy indoor cycling designed for all level of students to improve cardiovascular endurance.

**Water Aerobics:** Workouts and exercises in the water such as running, biking and weight lifting without the impact or wear and tear on the joints.

**Pilates:** A series of non-impact exercises designed to develop core strength, flexibility, balance and inner awareness.

**Zumba:** Latin rhythms and easy-to-follow moves are used to create a one-of-a-kind calorie-burning, body energizing, awe-inspiring workout and captivate for life!

**Body Conditioning:** Designed to improve muscular strength and endurance utilizing weighted bars, hand weights, Bosu and gliding discs.

**Basic Yoga:** Basic/beginner yoga class – this is great for novice Yoga participants.

### **Remember....**

- You must purchase your class at the front desk and present the instructor with the receipt in order to attend class.
- Safety 1<sup>st</sup>! Don't miss the important warm-up – if you arrive 10 minutes after class starts you will not be able to take class.
- Bring a water bottle and sweat towel to class.
- We have mats available for use, but if you prefer your own – don't forget it.

