



Spring Group Exercise Schedule May 1-June 14

CLASS SIZE LIMITED... FIRST COME, FIRST SERVED

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---------------------------------|-------------------------|------------------------------------|---------------------------|--------------------|
| 6:00am | Biker Blast | Cardio Sculpt | Biker Blast | Cardio Sculpt | Biker Blast |
| 7:00am | | Yoga Strength | | Yoga Strength | |
| 9:15am | Senior Fit | Paige Power Hour | Senior Fit | Paige's Power Hour | Senior Fit |
| 12:10pm | Power Lunch: Biker Blast | | Power Lunch: Bike/ Strength | | |
| 5:30pm | Cycle Fusion | | Cycle Fusion | | |
| 6:30pm | | | | | |

CLASS DESCRIPTIONS ON BACK

*All classes can be modified to any fitness level

Participants should consult their physician before starting any fitness program

ZUMBA CLASS will resume by June 14 unless we find another Instructor to fill in for Madison until then so keep checking back!!!

Biker Blast- This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Yoga Strength- A more strenuous yoga that will strengthen your core muscles while giving you a deep stretch to help relax and rejuvenate your muscles. All fitness levels welcome and encouraged to attend.

Cardio Sculpt- A combination of heart strengthening cardio mixed with strength training to sculpt and tone your entire body. All fitness levels welcome and encouraged to attend.

Power Lunch: Biker Blast : Spend your lunch getting in a great workout. This high energy, low impact workout on a stationary bike is led by an upbeat and fun instructor. You will be challenged both physically and mentally as you ride to some great tunes. Sweating is required so bring a towel and a water bottle and jump in. Class size is limited, first come, first served. All fitness levels welcome and encouraged to attend.

Senior Fit- This low impact class combines cardiovascular fitness and strength with balance and flexibility to help participants stay fit with minimal impact on the joints. All fitness levels welcome and encouraged to attend.

Paige's Power Hour- (1 hour class)- Get it all done in one stop! Embark in the fast-paced, sweatfest of indoor cycling and also get a great strength and conditioning workout. This class will last one hour and it during child care so for all you Moms that need a break come join in the fun. All fitness levels welcome and encouraged to attend.

CYCLE FUSION (1 hour class)- Get it all done in one stop! Embark in the fast-paced, sweatfest of indoor cycling and also get a great strength and conditioning workout.

ZUMBA CLASS will resume back after JUNE 14