


# FITNESS SCHEDULE

MUST BE 16 yrs OLDER TO PARTICIPATE IN GROUP FITNESS CLASSES.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Power Pump Lisa		Power Pump Alice			
5:45 a.m.		Biking Sandy		Biking Sandy		
7:00 a.m.						Biking Sandy
7:30am	ZUMBA GOLD / Powerpump Jean		ZUMBA GOLD / Powerpump Jean			
8:30 a.m.	Biking Rosalinda	ZUMBA Rosalinda	Biking Rosalinda	ZUMBA Rosalinda	Biking Rosalinda ZUMBA Angelica	Biking Linda
9:30 a.m.	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Power Pump Rosalinda	Rhyth-Mix Dorothy	Intro. Zumba (first Sat. only)
10:00 a.m.						ZUMBA
10:30 a.m.	SilverSneakers Muscular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Muscular Strength/Range of Motion Dorothy	STRETCH Rosalinda	SilverSneakers Muscular Strength/Range of Motion Dorothy	
11:00 a.m.						ZUMBA BELLYDANCE (women only)
4:30 p.m.	Boot Camp Cindy	PILATES Kathryn	ZUMBA BELLYDANCE (women only) Rosalinda		<b>FITNESS LEVELS</b> Older Adults Strength Training Intermediate to Advanced Beginner to Intermediate Older Adults	 Zumba for All Fitness Levels Flexibility/ Abdominal and Low Back Strengthening
5:30 p.m.	Zumba Alicia	Power Pump Linda	Zumba Alicia	Power Pump Linda		
6:30 p.m.	Biking Linda ZUMBA Jean	Biking Laura ZUMBA Rosalinda	Biking Linda Zumba Herlinda	Biking Laura ZUMBA Rosalinda		
7:30 p.m.		ZUMBA BELLYDANCE (women only) Rosalinda		ZUMBA BELLYDANCE (women only) Rosalinda		