



GROUP FITNESS SEPTEMBER 2017

Proper Exercise attire is required.

Shoes should be specific to the type of exercise. Recommendations are:

Spinning - hard sole shoes or clip on shoes

Zumba - dance aerobic shoes

BodyPump & BodyCombat - cross trainer shoes

Strong – HIT shoes

16 & older permitted in Group Fitness Classes with the exception of ZumbaKids and PoundKids.

ZUMBAKIDS

ZumbaKids classes are specific to age 4-12 boys and girls. Parents are NOT ALLOWED in the Zumba Kids classes.

AQUAZUMBA

Aqua Zumba is a PARTY in the water! All the high energy of Land Zumba in the swimming pool!

ZumbaSentao combines strength and resistance training with innovative dance moves using a chair as your partner.

BODYPUMP®, the original LES MILLS barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed.

STRONG - HIIT

High Intensity Interval Training Moves that will push you past your perceived limits, to reach your fitness goals faster!

If you are new to a group X class please let the instructor know you are a new participant.

If you have any questions please contact Rosalinda at 575-0511.

Thank you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am BODYPUMP (Tiffany)	5:45-6:30am Biking (Sandy)	5:30-6:30am BODYPUMP (Lisa)	5:45-6:30am Biking (Sandy)	5:30-6:30am BODYPUMP (Tiffany)	
				8:00-9:30am Aerobics Gold (Tanya)	
8:30-9:30am ZumbaToning (Susy)	8:30-9:30am ZumbaBasic (Susy)	8:30-9:30am Zumba Sentao (Susy)	8:30-9:30am ZumbaBasic (Susy)		8:30-9:30am STRONG
8:30-10:15am Biking & Abs 75 min ride (Rosalinda)	8:30-9:20am ZUMBA (Rosalinda)	8:30-10:15am Biking & Abs 75 min ride (Rosalinda)	8:30-9:20am ZUMBA (Rosalinda)	8:30-10:15am Biking & Abs 75 min ride (Rosalinda)	8:30-9:30am Biking (rotation)
9:30-10:30am SilverSneakers CardioFit (Laura)	9:30-10:45am BODYPUMP (Rosalinda)	9:30-10:30am SilverSneakers CardioFit (Laura)	9:30-10:45am BODYPUMP (Rosalinda)	9:30-10:30am ZumbaToning (Susy)	9:30-10:45am BODYPUMP (Veronica/Daniel)
10:00-11:00am Aqua Zumba (Flor) PILATES (Meaghan)		10:00-11:00am Aqua Zumba (Flor) PILATES (Meaghan)			9:00-10:00am Aqua Zumba (Alicia)
10:30-11:30am SilverSneakers MSROM (Gloria)		10:30-11:30am SilverSneakers MSROM (Laura)		10:30-11:30am SilverSneakers MSROM (Susy)	
4:30-5:25pm Zumba-BELLYDANCE (Veronica) Biking (Letty)		4:30-5:25pm Biking (Kelly)			
5:30-6:25pm ZUMBA (Alicia) Biking (Kelly) ZUMBAKIDS (Susy & Gloria)	5:30-6:30pm Biking (Laura) BODYPUMP (Veronica)	5:30-6:25pm ZUMBA (Alicia) Biking (Laura) ZUMBAKIDS (Gloria & Susy)	5:30-6:30pm Biking (Kelly) BODYPUMP (Veronica)	5:30-6:30 Biking (Letty)	
6:30-7:30pm Biking (Lupe) STRONG (Lisa/Flor)	6:30-7:30pm Biking (Lupe)	6:30-7:30pm Biking (Lupe) STRONG (Rosalinda/Susy)	6:30-7:30pm Biking (Laura) ZUMBA (Susy)		
BODYPUMP (Dennis)		BODYPUMP			
6:45-7:30pm Aqua Zumba (Susy)	6:45-7:30pm ZUMBA (Flor)	6:45-7:30pm Aqua Zumba (Alex)			