



# GROUP X

## NOVEMBER 2017

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

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** - cross trainer shoes  
**Strong** - HIT shoes

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**ZUMBA** Dance your way to a fitter you with exciting and unique dance moves and rhythms. Taking the world by storm! Zumba is designed for everyone, every shape, every age. All exercisers from beginner to advanced will enjoy the fun and benefits of Zumba.

### ZUMBAKIDS

classes are specific to age 4-12 boys and girls.

### 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.

### STRONG - HIIT

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

### SilverSneakers CardioFit

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

### SILVER SNEAKERS (MSROM) MUSCULAR STRENGTH & RANGE MOVEMENT

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

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

**LES MILLS**  
**BODYPUMP**



**STRONG**  
 BY ZUMBA™

