

**August, 2022**  
**GROUP FITNESS CLASS DESCRIPTIONS**

<b>MONDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	DANCE	Bayley	B, I, A	All types of Dance Formats!
10:30 - 11:30	Strength Worx	Bayley	B,I	A highly efficient full-body strength training workout using hand weights and body weigh exercises.
12:00 - 1:00	Chair Yoga	Bayley	B, I, A	Calm & gentle yoga where all postures and stretches are done seaed in a chair or using the chair as a prop.
5:00 - 6:00	ZUMBA	Angela	B, I, A	Dance to Latin and International music
<b>TUESDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	Morning Mashup	Melanie	B,I,A	Blend of strength training, kickbox, weight training, core and more
10:30 - 11:30	Yoga	Bayley	B,I,A	Combines traditional Yoga poses
12:00 - 1:00	Strength, Balance & Coordination	Barbara	B	Upper and lower body strength exercises using a variety of tools
5:00 - 6:00	Yoga	Susan	B,I,A	Combines traditional Yoga poses
<b>WEDNESDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	Circuit Training	Alicia	B,I,A	Full body functional Training - Natural Body movements used in everyday living in a circuit format
10:30 - 11:30	Yoga for Mobility	Jaime	B,I,A	Yoga practiced designed to increase mobility for everyday function.
12:00 - 1:00	Silver Sneakers	Barbara	B	Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band
5:00 - 6:00	Variety			Classes will be different speciality classes each week in August
<b>THURSDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	HIIT / LIIT	Bayley	B,I,A	High Intensity / Low Intensity Interval Moves - keeps the body guesing
10:30 - 11:30	Butts and Guts	Bayley	B,I,A	Standing and floor exercises focused on the glutes and abs.
12:00 - 1:00	Strength, Balance & Coordination	Barbara	B	Upper and lower body strength exercises using a variety of tools
5:00 - 6:00	ZUMBA	Angela	B, I, A	Dance to Latin and International music
<b>FRIDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	Functional Training	Alicia	B,I,A	Full body functional Training - Natural Body movements used in everyday living for all levels
10:30 - 11:30	Move & Heal	Alicia	B,I,A	Movements to recover & restore mobility (tools sometimes used)
12:00 - 1:00	Silver Sneakers	Barbara	B	Classic Silver Sneakers exercise class using a chair, hand weights, a small ball and a band
<b>SATURDAY</b>	<b>Class Title</b>	<b>Instructor</b>	<b>level</b>	<b>Description</b>
9:00 - 10:00	Warrior Cardio	Lisa	I,A	Sustained cardio which raises the heart rate and will burn fat
10:30 - 11:30	Yoga	Susan	B,I,A	Combines traditional Yoga poses

7/27/2022

**August, 2022**  
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	<b>B- Beginner level</b>			
	<b>I - Intermediate Level</b>			
	<b>A - Advanced level</b>			